

# PD01 - Gratitude and Weakness (Especially In Relation to the Gods)

Post by “Kalosyni” of May 9, 2023 at 9:35 AM

## [Quote from Don](#)

one's eye should always be on the pleasant life lived.

And you could think of gratitude as a kind of awareness and recognition that you are living pleasantly and pleasurable - therefore gratitude is always a necessary element, as Nate pointed out in the very first post:

## [Quote from Nate](#)

In nearly every other extant document, "gratitude" (expressed using forms of kharis) is encouraged as an indispensable moral practice:

Although I wouldn't call it a "moral" practice, but rather a wise practice 🙏