I’m So Grateful

Inspired by the Native American poem: “ In Beauty May I Walk”
Gratitude concept of this poem inspired by Angeles Arrien
Adapted Words: Karen Drucker
Music: Karen Drucker

“*In ordinary life we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich*.” Dietrich Bonhoeffer

This chant is an adaptation of the Native American Indian poem, “In Beauty May I Walk.” I was really moved by this poem, and I later found this adaptation from author Angeles Arrien focusing on the gratitude aspect of the poem. I truly believe that when I start my day in gratitude, my whole day works better. I spend time every morning saying what I am grateful for and end my day in the same way.

In addition to singing chants, I have sometimes found it beneficial to move as I sing. In the back of this songbook I have included the body movements to this chant, illustrated by Brian Narelle.

Gratitude before me. Gratitude behind me.
Gratitude to the left of me. Gratitude to the right of me.
Gratitude above me. Gratitude below me.
Gratitude within me. Gratitude all around me.
I’m so grateful, I’m so grateful,
I’m so grateful, I’m so grateful. (repeat)

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Music: Karen Drucker

♩=74

Cadd2 C/F Dmi Gsus G

Gra - ti - tude be -

A Play 3 times.

Cadd2 C/F

fore me. Gra - ti - tude be - hind me. Gra - ti - tude to the

Dmi Gsus G

left of me. Gra - ti - tude to the right of me. Gra - ti - tude a -

Emi F

bove me. Gra - ti - tude be - low me. Gra - ti - tude with -

Dmi Gsus G

in me. Gra - ti - tude all a - round me. I’m so

B

Cadd2 C/F Ami7

grate - ful. I’m so grate - ful. I’m so grate - ful. I’m so

G Cadd2 C/F

grate - ful. I’m so grate - ful. I’m so grate - ful. I’m so

Ami7 Gsus G

grate - ful. I’m so grate - ful. Gra - ti - tude be -

C

Ami7 G F G

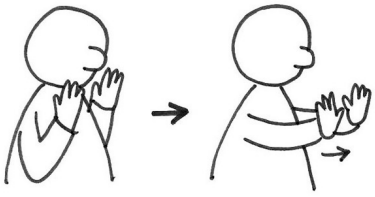
Back to letter A.

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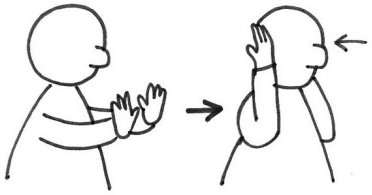
From Karen’s CD “Songs Of The Spirit 4”.

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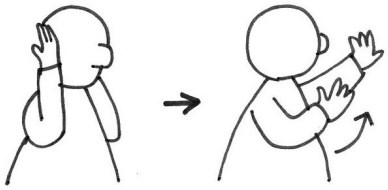
Words* and Music by Karen Drucker
*Based on the Navajo Poem "In Beauty May I Walk"



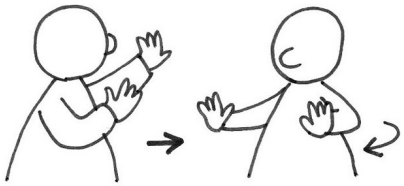
Gratitude before me



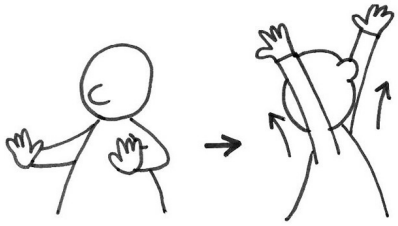
Gratitude behind me



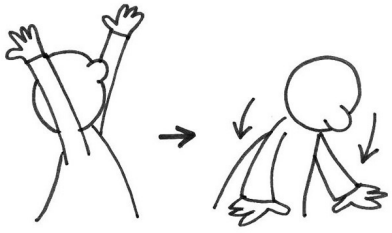
Gratitude to the left of me



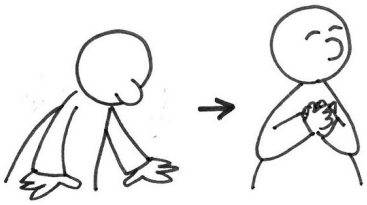
Gratitude to the right of me



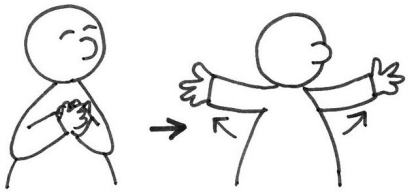
Gratitude above me



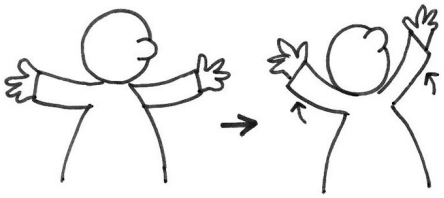
Gratitude below me



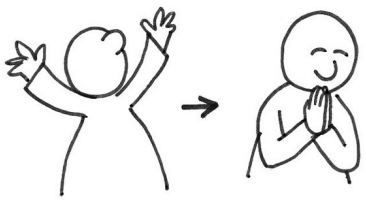
Gratitude within me



Gratitude all around me



I'm so grateful

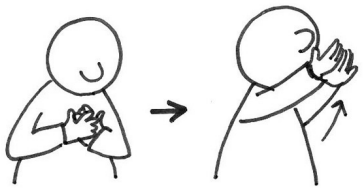


I'm so grateful

2X



I'm so grateful



I'm so grateful

Substitute ***Gratitude*** with ***Beauty*** - ***Love*** - ***Peace***
Then *"I am Beauty.....I am Love.....I am Peace"*

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