



KARYN SHANKS MD

Heart, Hope, Healing

Thanksgiving Contemplation of Blessings

BY KARYN SHANKS MD | NOVEMBER 22, 2018



I like to use Thanksgiving as a time to beef up my daily practice of gratitude.

It's been looking like this lately...

I'm grumpy and annoyed to be displaced from my kitchen and living spaces (two months now!) while new flooring, lighting, and paint go in. The rest of the house is cluttered, dusty, and I can't find anything!

But I *get* to do this. I get a new floor, gorgeous lighting and new wall colors.

I'm frustrated at how slow the hair is growing back around a small scalp laceration that's healing. My precious locks!

But how miraculous the healing process is. I *get* to heal. I see those baby hairs coming in. It's amazing!

I'm exhausted and sick from the dense pollution in the Berkeley-SF Bay area.

But I *get* to rest in my beautiful hotel room. I *get* to go home—to a home, *my* home, where it's safe and there are no forest fires.

My schedule is too busy lately. I so need to slow down, rest, and have a break.

I *get* to create my schedule. I'm in charge of the pace of my life. I *get* to learn from this for tomorrow.

Nothing but blessings and First World inconveniences.

I am so blessed in all ways.

Sending blessing to you all. May your days be yours. May there be peace and healing. May you see and feel all the blessings in your life. Including those embedded in the suffering and struggle.

Happy Thanksgiving.

Karyn

p.s. From my Archives:

[*I'm Grateful.*](#) 2017.

[*Gratitude: The Decision to Be Happy.*](#) 2016.

KARYN SHANKS MD

Karyn Shanks, MD, is a physician who lives and practices in Iowa City. Her work is inspired by the science of Functional Medicine, body-mind principles, and wisdom gleaned from the transformational journeys of thousands of clients over her twenty-five-year career. Her work honors each individual and the power of their stories, their inner wisdom, and innate healing potential. She believes that the bones of healing are in what we do for ourselves. She is the author of *Liftoff*, a manual of energy recovery and healing through essential self-care practices.

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