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Encouraging Self-Discovery and Empowerment



Happy Thanksgiving! by Charlyne Gelt, Ph.D.

“Be thankful for what you have; you'll end up having more.
If you concentrate on what you don't have, you will never have enough”
— Oprah Winfrey



Change is in the air and in the seasons. What about in you? Many clients begin therapy feeling empty inside, seeking change, asking, “Why am I here? What is the meaning of my life?”



Basic physiological needs for food, water must first get met for our survival (Abraham Maslow). Maslow's second level consists of long-term safety needs: shelter, security, order and stability. Next, the soul's need for "love and belonging" is intrinsic starting with the need for baby to bond with its mother. "Touched" with love, awakened psychologically, baby experiences the world as a safe place. This "felt" knowing seen in the eyes of the baby, is internal. It is the foundation of relationship building without which one lives from a sense of “deficiency.”

As we mature and become more aware of ourselves, we are increasingly driven to recognize and meet our inner needs for personal meaning, and purpose. How do we feel gratitude when these basic needs remain unmet? A hunger to satisfy what is lacking remains the motivating

force that drives all relationships. Though career satisfaction and acquisition needs get met, many people remain stuck at a deficiency level: searching for identity, emotionally empty, depressed, addicted, and sad. They feel no gratitude or satisfaction because the soul's deepest need for love, belonging, and approval remain unmet. Emotionally healthy, stable relationships have little to do with education, wealth or achievement of external goals. They come from soulful sense of gratitude and confidence in knowing you are "okay" and that you feel comfortable in your own skin. From this perspective, we are driven to seek meaning and purpose. We get inspired and our days are lived from an enthusiastic mode of gratitude.

In our fast-paced technological lifestyle, we are driven by external needs for achievement and acquisition. We forget about inner needs of the body-mind. Gratitude helps us shift to a positive perspective. It activates mood enhancing chemicals in the body-mind that make us feel good.

You can generate more goodness for yourself when you're aware of all you have to feel grateful about, Gratitude makes every day one of Thanksgiving. "Thank you for your support!"

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