

## Celebration

The power of collective gratitude and joy



Image: <https://www.pexels.com/photo/action-adults-celebration-clouds-433452/>

*“Celebration is an active state, an act of expressing reverence or appreciation. To be entertained is a passive state--it is to receive pleasure afforded by an amusing act or a spectacle.... Celebration is a confrontation, giving attention to the transcendent meaning of one's actions.” — Abraham Joshua Heschel*

Tags: Cultural. Art Ritual and Celebration.

### Challenge:

It is common to forget to celebrate, or to think that it is unnecessary, frivolous or somehow wrong. Maybe we tell ourselves that there isn't enough time, or not enough money. Yet, when we do not take time to appreciate what we have achieved and learned, we miss out on insights and opportunities for creating great memories together. We also run the risk of being trapped in endless cycles of more and more work, feeling like we never ever achieve enough. Never stopping to celebrate and appreciate can even lead to burnout.

### Solution:

When we celebrate, we not only have fun and strengthen our social bonds, we also replenish our valuable creative energy and strengthen our capacity to see the positive things in life. Celebration is important, and consciously adding and designing time to celebrate is a vital part of a healthy, sustainable project. More than just having fun, celebration can be considered the conscious appreciation of everything we have accomplished and what we have learned. It is based on gratitude, recognition of what has happened, and acknowledging what we have accomplished. As such, it is also vital for setting new goals, or truly harvesting what we have learned. Celebration can also bring new awareness - really celebrating what we have learned and achieved can lead to a new understanding of ourselves, the people around us and the world in general - all of which is rich birthing ground for new projects, ideas and callings. Take time, and design time, to celebrate, both alone and together.

### Links:

- <http://www.dragondreaming.org/dragondreaming/what-is-it-exactly/celebrating/>
- <https://www.brilliantlivinghq.com/6-reasons-why-you-should-celebrate-success/>

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- <http://executiveleader.com/leaders-celebrate-success/>

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