

Gratitude Meditation

1. Allow yourself to come into this moment fully, relaxing wherever you notice tension in your body, and then coming into stillness.
2. Take in a few deep, slow breaths.
3. If you feel comfortable doing so, close your eyes.
4. Focus on your breath as your anchor of attention. Let the breath be in the foreground of awareness, unless some other strong sensation, sound, thought, or feeling calls for your attention
5. Now, visualize a person in your life who you appreciate and love. Reflect on what you most appreciate about them. How have they benefitted you? Have they been generous to you? Kind to you? Attentive and caring to you? Helpful to you?
6. Let yourself feel your appreciation of them deeply. See if you can experience it in your body, perhaps in your heart.
7. Feeling your gratitude, mentally whisper their name and say, “Thank you.” Say “Thank you” to them a few times while imagining that person receiving your thanks and gratitude. Feel a deepening of a sense of connection and warmth between the two of you.
8. Now, open your attention to other parts of your life. Ask yourself, “What am I most grateful for?” Or ask, “What do I appreciate or love in this life?” It is your health, friends, family, your work, your home, where you live, others who have benefitted you, experiences you’ve had?
9. As different people, experiences, or circumstances come to mind, take a few moments with each one. Feel a sense of gratitude and sense how it feels in your body and heart.

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10. Let go of any specific visualization and just feel the feeling of gratitude in your body and heart. Notice how it feels, the feeling of gratitude.

12. Let your attention be supported by the movement of the breath. Breathing in, feel your heart touched by the good in your life. Breathing out, feel yourself sending out your thanks of gratitude to the Universe.

13. When you are ready, come back to this moment with full presence. Let yourself feel the feeling of grateful fullness for your life and carry this feeling with you through your day.

Germany Kent once said, “It’s a funny thing about life, once you begin to take note of the things you are grateful for, you begin to lose sight of the things you lack.” You cannot feel thankful and unhappy at the same time. May your practice of gratitude bring you contentment, happiness, and joy.

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