



Meditation for Gratitude

Hello Wellness Warriors,
Welcome to a Meditation for Gratitude...
Gratitude can be an especially powerful energy when we're feeling low
or have perhaps forgotten the blessings around us
let's take a moment to appreciate the little things

Like access to this meditation...
Can I find gratitude for the technology to listen
gratitude for this time to meditate
Gratitude for all the small actions taken
To be right here, right now...

Can I find gratitude for the capacity to hear?
I might even offer thanks to my ears,
And all the work they do without my effort

Can I find gratitude for the capacity to comprehend?
Not only am I listening,
But I am able to understand,
Translate words into thought and into action

I connect to an appreciation for my body
And the many actions it performs
Without even requiring my awareness
It still supports me, in the ways it can
day in and day out

Like the breath
My capacity to breathe
Thank you to my body
For my inhale
And my exhale

If it feels supportive,
I might even place a hand on my chest,
Connecting to my breath

This sign that I am alive

Alive...

Which means I have to capacity to influence my life
And make choices that support me

I might consider 3 things on my life that I am grateful for
Whatever or whoever that might be in this moment...
Offering these things my thanks and appreciation
Considering the reasons why I have chosen to name them

As I think about these people, or places, or things
I might notice where I feel gratitude in my body
Can I locate it? Which parts of me come alive when I meditate on gratitude?

...

Can I find gratitude for my mind
And its capacity to remember and identify my choices?
Can I find gratitude for its thoughts and its stillness?

And I might offer myself appreciation now
For making the choice to intentionally cultivate gratitude
I might even wrap my arms around my body in a self-embrace
Or perhaps just hold my own hands..
And say thank you, for making time for myself today...

Thank you...

This gratitude is yours.
It always has been. It always will be...
Thank you for visiting The Well Healing.
Take good care