

Gratitude Meditation

Think of 3 things, one at a time you are truly grateful for; it could be something small like feeling the wind on your face or it could be something big like being accepted into University.

Think of the first moment you are grateful for;

It could be a moment that you felt so joyous, so loving, so happy

Step into that moment.

Breathe deep in your heart

Fill up with gratitude, joy, appreciation, unleash your gratitude, unleash your joy, feel it, enjoy it, fill up,

breathe how you were breathing then,

you may even find an inner smile that feels so good,

how much more grateful could you feel if you really dropped into it now?

Think of a second moment you are truly grateful for

A moment that felt so joyous, so sacred, so loving, so much fun

Step into it

See what you saw then

FEEL WHAT YOU FELT THEN

Breathe how you were breathing then

Fill up with gratitude

Give thanks

Unleash your joy; Unleash your gratitude

Feel it; Give thanks

Think of a third moment that you can feel deeply grateful for

a beautiful moment, a magic moment, a moment of grace, a moment of joy,

what is a moment that you treasure?

A loving moment, a beautiful moment

Step in that moment as if you are there, see it, feel it, fill up with gratitude

Enjoy; Take it in

Give thanks for what guided you to that moment

Think of a coincidence you are grateful for

Life happened for you

you did not do it,

give thanks for that

was it a coincidence or were you guided?