

Gratitude Meditation

“Prayer is sitting in the silence until it silences us, choosing gratitude until we are grateful, and praising God until we ourselves are and act of praise” – Richard Rohr

1. **Goal:** By practicing gratitude meditation, you can experience greater feelings of joy, peace, and overall well-being.
2. **What is Gratitude Meditation** [Gratitude Meditation Script \[20-minute Guided Meditation\] \(meditationbrainwaves.com\)](#)

Gratitude meditation involves focusing on the things in your life that you appreciate.

Gratitude meditation can be practiced in many different ways, and there are numerous guided meditations and techniques available to help you get started.

Some people prefer to practice gratitude meditation as part of their daily routine, while others may use it to cope with difficult emotions or challenges. Regardless of how you choose to practice, gratitude meditation can be a powerful tool for cultivating feelings of happiness, contentment, and well-being.

3. **What are 5 ways to practice gratitude?**

Practice mindfulness: By being present and aware in the moment, you can better appreciate the small things in life that we often take for granted.

Create a gratitude jar: Write down things you are grateful for on small pieces of paper and place them in a jar. This can serve as a visual reminder of all the good things in your life.

Say thank you more often: Expressing your appreciation to others can help you feel more grateful and connected.

Make a gratitude list: Take some time to write down a list of things you are thankful for, such as supportive friends.

Focus on what you have, not what you lack: Instead of focusing on what you don't have, try to appreciate and make the most of what you do have.

4. Gratitude Meditation Script

4.1 Introduction

- Get into a comfortable, seated position.
- Sit up nice and tall, yet keep your shoulders relaxed...
- Gently close your eyes and breathe deeply....
- Once you find your moment, take some deep breaths in through your nose... and exhale out from your mouth...
- Begin to feel a deep sense of gratitude about things in your life...
- Breathe in and out....

4.2 Acknowledge objects or things you are grateful for:

- You may feel grateful for something you have, so bring into your mind those objects/things you are grateful for such as your house, furniture, your bed, car, ..
- Breathe deeply, into your thoughts, as you imagine these things...
- As you exhale, whisper to yourself, "I am grateful".
- Breathe in and out...

4.3 Expressing gratitude for people

- Express gratitude for those people you know...allow this person, people to rise in your mind...
- As you breathe out, whisper to yourself, "I am grateful for you".
- Breathe in and out...

4.4 Expressing gratitude for your pets, animals and birds

- Express gratitude for pets, animals and birds
- Let them rise in your mind...
- As you breathe out, whisper to yourself, "I am grateful for you".
- Breathe in and out...

4.5 Expressing gratitude towards yourself

- Become grateful for yourself... your health, you worth,..
- Be grateful for those times you stood up for yourself
- Be grateful for not giving up

- Be grateful for your ability to love others...
- Breathe in deeply, imagining that you can give yourself a big hug and whisper, "I am grateful towards myself"

4.6 Express gratitude for the things or incidents which put a smile on your face

- Breathe in and out, now express gratitude for the smallest things, incidents, experiences...
- Whatever small things pop in your mind right now, be grateful for them...
- Breathe in again, feeling the importance of even the little things, and exhale whispering to yourself, "I am grateful"

4.7 Express gratitude for the beauty of nature

- Now, take some time to focus on the nature
- Think of beautiful places you visited or your garden and express gratitude that you can experience such beauty.
- Really feel yourself as if you are there
- Derive pleasure from all your senses...
- Focus on the sounds, sights, smells and feelings ...
- Now breathe in, and as you breathe, feel the beauty of all these things

4.8 Closing

- Give thanks right now to anything and everything you can possibly think of...
- Gently draw your awareness to the present moment, wiggle your toes and fingers, and open your eyes
- Go about your day with a deep sense of gratitude.

Other forms of meditation:

5. Diaphragmatic Breathing

- Sit or in a comfortable position with your feet on the ground.
- Place one hand on your chest and one hand on your abdomen.
- Inhale through your nose for 4 counts, while focusing on expanding your abdomen.
- Hold your breath for 2 counts.
- Exhale through your mouth for 8 counts.

6. Butterfly technique

7. Self-soothing exercises

A way to remember these skills is to think of soothing each of your **FIVE SENSES**

- **With VISION:**
Buy one beautiful flower, make one space in a room pretty, light a candle and watch the flame. Set a pretty place at the table, using your best things for a meal. Go to a museum with beautiful art. Go sit in the lobby of a beautiful old hotel. Look at nature around you. Go out in the middle of the night and watch the stars. Walk in a pretty part of the town. Fix your nails so they look pretty. Look at beautiful pictures in a book. Go to a ballet or other dance performance, or watch one on TV. Be mindful of each sight that passes in front of you, not lingering on any.
- **With HEARING:**
Listen to beautiful or soothing music, or to invigorating and exciting music. Pay attention to sounds of nature like waves, birds, rainfall, rustling leaves. Sing your favorite songs, hum a soothing tune, learn to play an instrument.
- **With SMELL:**
Use your favorite perfume or lotions, or try them on in the store, spray fragrance in the air, light a scented candle. Put lemon oil on your furniture. Put potpourris in a bowl in your room. Boil cinnamon, bake cookies, cake or bread. Smell the roses. Walk in a wooded area and mindfully breathe in the fresh smells of nature.
- **With TASTE:**
Have a good meal, have a favorite soothing drink, such as herbal tea.
- **With TOUCH:**
Experience whatever you are touching, notice that the touch is soothing. Take a bubble bath, put clean sheets on the bed, pet your dog or cat, soak your feet, put creamy lotion on your whole body. Put a cold compress on your forehead, sink into a really comfortable chair in a hotel lobby or in your home, put on experience whatever you are touching, notice that the touch is soothing.

8. Heart coherence exercise

- How do you feel? Define the feeling.
- Focus on your heart or chest area.
- While inhaling say "I am breathing-in calmness".

- When exhaling say “I am breathing-out “stress, anger or any of the above defined feelings”.

9. Progressive Muscle Relaxation

Stress and anxiety cause muscular tension. Progressive Muscle Relaxation relieves tightness by tensing and releasing one muscle group at a time.

- Forehead – wrinkle into a deep frown and relax.
- Eyes – close your eyes tightly and relax.
- Cheeks and jaws – smile as widely as you can and relax.
- Mouth – press your lips together tightly and relax.
- Back Neck -press your neck back against your chair or hand and relax.
- Front of neck – touch your chin to your chest and relax.
- Shoulders Raise them to your ears and relax.
- Back – Arch your back up and away from the chair and relax.
- Stomach – pull your stomach in and relax.
- Hands – make a fist and relax.
- Wrists and forearms – Extend and bend your hands back at the wrists.
- Lower legs – point your toes and relax.

10. Tapping exercises (resource:<https://rtt.com/eft-tapping-for-anxiety>)

11. Escalator meditation exercise

- Sit in a comfortable chair with your feet on the floor.
- Pick a spot on the opposite wall that is a little bit above your eye level.
- Stare at the spot.
- Slowly count to 20 while focusing on the spot.
- Notice your eyelids begin to feel heavy.
- Close your eyes.
- Take a deep breath and very slowly exhale x3.
- Squeeze the muscles in your eyelids, closing your eyes tightly.
- Then let your eye muscles relax.
- Imagine that relaxation slowly spreading through your body.

- Imagine you are on top of an escalator.
- Step on the escalator and ride down, counting backwards from 10.
- By the time you reach the bottom you'll be relaxed.
- Enjoy the tranquility for several moments.
- Then get back on the escalator riding up, counting to 10 as you go.
- When you get to 10, open your eyes, feeling relaxed, refreshed, and wide-awake.

12. Safe Place exercise

- Escaping to a Safe Place - Choose a haven or a place where you feel comfortable and that you can imagine with all your senses. <https://youtu.be/qIALEqAadSg>.

13. Gratitude meditation links

- <https://youtu.be/OCorEILKFQE>
- https://youtu.be/FFnp_YQrDGE
- <https://youtu.be/TI-AsufPmAQ>