



10 Meditations on Gratitude

Duration: 15 min

Meditation 1: Making Room for Gratitude

Hello, and welcome to this gratitude meditation. Gratitude is an emotion that arises when we express appreciation. It's important to pause, take a breath, and create some space for this wonderful emotion.

Go ahead and sit or lie down...and make any adjustments necessary to make sure that you are as comfortable as possible.

As you settle in, give your body permission to relax...closing your eyes...5 seconds

Allowing your limbs to lie limply...5 seconds

Your shoulders to drop...5 seconds

Your mouth to part...5 seconds

Your hips to settle...*10 seconds*

Now, begin to connect with your breath. Simply noticing the rhythm of your breathing as you inhale and exhale...10 seconds

As you observe, you may feel that you need to change your breathing. Don't worry about that for now...simply keep your awareness on your breaths...30 seconds

Now, let's bring more air into the lungs...breathe more deeply...pulling the air to the very bottom of the lungs...5 seconds

And exhale very slowly...completely emptying the lungs...8 seconds



Again, inhale deeply...5 seconds

And exhale slowly...8 seconds

As you continue to deepen and lengthen your breaths, begin to bring gratitude into your awareness...

How does it feel to be grateful?...5 seconds

What is it like to express your appreciation?...20 seconds

With your next inhale, breathe in gratitude...imagine it flowing into your body...

And as you exhale, breathe appreciation out into your surroundings...letting it touch everything around you...5 seconds

Gratitude in...

And gratitude out...5 seconds

Bring it deep into your mind...

And let it flow effortlessly from your heart...30 seconds

If your thoughts should wander during this breathing practice, bring them back to the breath...once again, visualizing gratitude coming into the body with the inhales...and flowing out of the body with the exhales...expressing gratitude for each breath, as well...30 seconds

Now, let's deepen this experience by adding some pauses to the breath. Let's find the stillness between the inhales and the exhales...

First, simply notice the small pause at the top of the breath, after the inhales...and the pauses at the bottom of the breath...after the exhales...15 seconds



After your next deep inhale, hold the breath for a few moments....staying with the stillness...10 seconds

And after a long exhale, pause before inhaling again...feeling the fullness of the lungs...10 seconds

I will count and guide as you breathe...extending the pauses even further...

Inhale...5 seconds

Pause...5 seconds

Exhale...8 seconds

Pause...5 seconds

Let's go deeper, now...

Inhale...5 seconds

Pause...8 seconds

Exhale...8 seconds

And again...

Inhale...5 seconds

Pause...8 seconds

Exhale...8 seconds

Inhale...5 seconds

Pause...8 seconds



Exhale...8 seconds

Finding gratitude for each breath....

Inhale...5 seconds

Pause...8 seconds

Exhale...8 seconds

Inhale...5 seconds

Pause...8 seconds

Exhale...8 seconds

Throughout our busy lives, we don't often get the chance to find stillness. With a relaxed body and a calm mind, it's easier to let gratitude in.

Continue to connect with the stillness between the breaths, allowing your body to relax even more deeply...10 seconds

Allowing your mind to become even more calm...*10 seconds*

Simply breathe, and experience this wonderful sensation of appreciation...

Breathe and express it...5 seconds

Letting gratitude wrap around you like a warm blanket...5 seconds

Comfortable, relaxed, and grateful...1 minute

Now, allow your breath to return to a more natural state...easy inhales, easy exhales...10 seconds

Allow your eyes to open with your next inhale...5 seconds



And return to your surroundings. Feeling wide awake, now...energized...and grateful for this gratitude practice...

Meditation 2: New Day

Hello, and welcome to this gratitude meditation! This is a great session to listen to in the morning, just after waking up. Waking up with the sun gives us an excellent opportunity to begin the new day with renewed appreciation.

Take a few moments to bring yourself out of sleep into a light wakeful state...you may open your eyes if you'd like, or allow them to stay closed...10 seconds

Take a deep breath in...invigorating the lungs...waking them up...

Give your body a nice stretch, gently waking the body...5 seconds

Our thoughts are often scattered first thing in the morning...drifting to our responsibilities...what we're having for breakfast...our commute...our work duties...and everything else that vies for our attention day to day.

So, before the mind wakes up completely this morning, we're going to create a blank canvas...

Taking a deep, cleansing breath in...and release...letting go...10 seconds

Clearing the mind of any leftover concerns from yesterday...any stress about the future...

Starting fresh today...5 seconds

Place both hands lightly on the stomach area, and breathe into them...becoming more energized...more alert...



Aligning yourself with willpower...the intention to start your day in gratitude...feel this invigorating energy flow underneath your hands...and spreading throughout your entire body...20 seconds

Continuing to hold your hands on the center of the stomach...your energy center...visualize the sun. Imagine it coming up over the horizon...

See it illuminating everything it touches...oceans...the hills...the grass...and your skin...

Feel it touching your body, warming it...waking it up...10 seconds

Hear the birds chirping and the roosters crowing as they greet the sun...5 seconds

See the flowers opening, gratefully tilting towards the light...5 seconds

Tilt your head up like the flowers...drinking in every ounce of sunlight...5 seconds

Feeling it washing over and around you...invigorating every part of your body...30 seconds

Feel the sun illuminating your mind...bringing sunny thoughts to it...clearing away the lingering shadows of sleep...30 seconds

Now, let's repeat some positive affirmations to start the day off right...take a deep breath...5 seconds

Then repeat after me..."I am grateful for this day."...5 seconds

"I am grateful for this day." ...5 seconds

Add some emotion to words by truly feeling the gratitude flow through them. Not worrying about what your day will look like. Letting go of expectation and simply expressing your thanks for waking up...

"I am grateful for this day." ...5 seconds



Offering thanks for the sun...5 seconds

"I am grateful for this day." ...5 seconds

Feeling gratitude flow through you as you breathe easily and enjoy this wonderful moment of pure appreciation...

"I am grateful for this day." ...15 seconds

"I am grateful for my body"...5 seconds

Feel gratitude moving through each body part as you say again...

"I am grateful for my body"...5 seconds

"I am grateful for my body"...5 seconds

Feel it deep within your bones, continuing to repeat...

"I am grateful for my body"...30 seconds

Now..."I am grateful for my mind"...5 seconds

Express thanks for your beautiful, unique, brilliant mind...

"I am grateful for my mind"...5 seconds

"I am grateful for my mind"...5 seconds

Feel appreciation move through your head, continuing to repeat...

"I am grateful for my mind"...30 seconds

Now..."I am grateful for everything I will experience today."...8 seconds



Say it again, with strong conviction...

"I am grateful for everything I will experience today."...8 seconds

Good or bad, every experience makes us who we are. Welcome the highs and lows alike, knowing that everything is a lesson...

"I am grateful for everything I will experience today."...8 seconds

Every experience is an opportunity for growth. Hold appreciation in your awareness as you continue to repeat...

"I am grateful for everything I will experience today."...30 seconds

Now, you may choose a new affirmation to repeat...beginning with the words "I am grateful for..." and ending with words of your choice. Anything that you can return to throughout the day for inspiration and a dose of gratitude...5 seconds

After you align with your affirmation, repeat it a few times...breathing deeply into the core of the body...

Deep inhales, slow exhales...once again holding appreciation in your awareness...30 seconds

When you're ready to end this session, go ahead and open your eyes if they've been closed...5 seconds

Sit up straight, and give the body another long stretch...extending the arms, reaching your fingers to the sky...extending your legs and wiggling your toes...5 seconds

And return your breath to an easy, natural rhythm as you finally rise, starting your day off on the right foot and carrying gratitude with you every step of the way!



Meditation 3: Filling Your Cup

Hello, and welcome to this meditation! Today we will practice a visualization technique that will help you find peace and gratitude.

Take a few moments to settle in, close your eyes, and begin to relax...10 seconds

As you allow your breath to flow freely, now, I would like you to clear your mind...the idea isn't to rid your mind of all thoughts, but to encourage a smooth flow.

Breathing in, set an intention to bring peace to the mind...5 seconds

And breathing out, letting go of overthinking...

Letting go of stress or anxiety...

Releasing anything that distracts you from this experience... 30 seconds

Now, with one more nice deep inhale and slow exhale, bring all of your attention within. Noticing your breath... Noticing how your body feels...5 seconds

Going deeper and deeper inside...5 seconds

The outside world disappearing...5 seconds

And a new scene slowly appearing around you...5 seconds

Slowly, shapes and colors come into view...brightening and sharpening as you blink your eyes...

You find yourself in a lush garden. Surrounded by bright green bushes...beautiful statues...vibrant plants and flowers...5 seconds

Take a few minutes to look around, taking in your new surroundings...5 seconds



You are the creator here...dig deeply into your imagination and paint this scene, letting your creative juices flow...30 seconds

Feel the soft grass beneath your feet...5 seconds

Hear the birds flutter and sing in the trees...5 seconds

Breathe in the fresh, crisp air...10 seconds

Walking slowly forward, now, you notice a path before you...its stones are smooth and glisten in the sunlight. Step on this path and continue to walk forward, curious about where it leads...10 seconds

With each step, you notice that you are becoming more and more relaxed...peacefully following this gently-winding path...20 seconds

Soon, you hear trickling water...and find yourself before a great stone fountain. Take a few moments to visualize this fountain. Noticing the subtle details...the curves...the color of the streaming, splashing water...15 seconds

You know that the water in this fountain is here to refresh you, and you eagerly cup your hands and dip them into the flow...bringing your hands to your lips, you sip the cool water, drinking every last drop...

You feel overwhelmingly grateful for this water...a deep appreciation you have never before experienced. You are so thankful for this healing and rejuvenation...thankful for the opportunity to give your body what it needs...5 seconds

Once more, cup your hands and gather more water...drinking more slowly now as you continue to express gratitude for this experience...15 seconds

This fountain inspires you to appreciate the gifts in your life. This fountain never goes dry so long as you keep gratitude alive in your heart...

Feel the water flowing through your body...inspiring even more gratitude to arise within you...30 seconds



Imagine the water that flows from this fountain touching everything in the garden, now... nourishing it...seeping down into the soil...traveling up the roots of every plant...every flower...

Providing water for the birds and small animals that call this garden home...10 seconds

Notice the way the water invigorates these living things the way it invigorates your body...

The grass beneath your feet is supple...the trees above you are strong, their leaves glistening in the sun...

Filling your hands, you fill your own cup of gratitude. Expressing thanks along with all of the living things around you. There is enough for everyone, and you are always welcome to come here, to this peaceful sanctuary, to fill your cup...

Any time you forgotten to appreciate the very essence of life, you are called here to bask in this divine experience of receiving and expressing gratitude.

Bring to mind all of the areas of your life that could use a sprinkling of gratitude. Hold them in your mind's eye as you breathe easily...and hold the water in your cupped palms once more...

Pour this sacred water on these parts areas of your life...any stagnancies in your home...work...relationships...

Allowing the water to heal and rejuvenate these areas, too...

Envision your life perking up and and blossoming with renewed energy...10 seconds

Appreciation flows effortlessly from you...as effortlessly as the gentle water flowing from the fountain...

Breathing easily, simply enjoy your time in this garden for the next few moments...peaceful and relaxed...1 minute



Now it's time to build the garden goodbye, once more expressing thanks for this experience...

And then slowly follow the pebbled path back to the beginning...10 seconds

Let the garden fade from view with your next exhale, and your current surroundings to materialize as you inhale deeply...and open your eyes...

Remembering that you can return to the garden whenever you would like to fill your cup with gratitude!

Meditation 4: The Little Things

Hello, and welcome to this meditation. Today we will be expressing gratitude for the little things in life. The day to day gifts that often go unnoticed. This meditation is best listened to in your favorite quiet, indoor room.

Let's begin by calming the mind. As you sit or lie down, becoming as comfortable as possible, allow your mind to become more comfortable, too... 5 seconds

Close your eyes, now, and start to focus on your breathing. Observing the breath is a great way to bring the mind into a state of focus...10 seconds

Let's go deeper...breathing a bit more deeply than you usually do...and exhaling a bit more slowly... deeper and slower...take your time...30 seconds

Shift your awareness from your breath back to your body, now...feeling the floor beneath you...

Now, think about the room or the space that you are in...how does it feel to be here? What is this place like?... 5 seconds

Begin to take notice of the little things around you that you might take for granted as you go about your busy days...



Think of this room as a shelter...a haven...keeping you safe from the outside elements...keeping you well-protected and comfortable...10 seconds

Feel the air on your skin... What does it feel like? Warm or cold, appreciate the temperature of the air that surrounds you...10 seconds

Notice the sounds in this room, now...you may pause this recording or lower the volume if necessary.

Perhaps you hear a ticking clock...the war of a fan...or the murmur of voices...10 seconds

Rather than thinking of these sounds as noises or distractions, lend some appreciation to them. Think of each sound as an opportunity to explore your surroundings and become more mindful of all of the moving parts that exist here...just listen...30 seconds - 1 minute

Breathe deeply, now, and see what you can smell...go deep, uncovering scents that you may not realize existed here...inhaling through the nose as you pick up on the subtle aromas...

Perhaps you smell the wood of the floor beneath you or the walls around you...5 seconds

Or perhaps you can smell plants, or soil...or you may notice other scents drifting in through the window. Just breathe, explore, and appreciate this moment of mindfulness...30 seconds - 1 minute

Now, begin to extend your awareness to outside of your immediate surroundings...think about your entire home, now, and everything within it. Bring to mind the things that you use everyday to help your life run more smoothly.

Alarm clocks...refrigerators...sinks...closets...clothes...15 seconds



See yourself going through a normal day, but moving more slowly through it...more mindfully/ Taking your time getting dressed...washing up...eating...working...10 seconds

Taking the time, now, to appreciate the vehicles that gets you to where you need to go...your car...the bus..your bicycle...even your own legs...10 seconds

Imagine taking the time each day to express gratitude for all of these modern conveniences. Try not to dwell on the haves and have-nots...simply appreciate every aspect of your daily life...30 seconds

Continue to breathe deeply, setting an intention to move more mindfully throughout each day, starting now....30 seconds

Extending your awareness even further, now, think of the world outside...think of the trees that offer you shade...the blue sky above...the soil beneath your feet...15 seconds

Think of the seasons...the fall, with its deep, rich colors and crisp breeze...10 seconds

Picture the perfect winter day, complete with a warm cup of tea or coffee and a roaring fireplace...10 seconds

Breathe in the dewy freshness of spring, now...watching the flowers blooming and new life emerging as the sun returns... 10 seconds

Think of this slow, lazy days of summer...soaking up the sunlight...savoring sweet, ripe fruits and the cool, refreshing drinks...10 seconds

Continue to express appreciation for the changing of the seasons and the gifts that each one brings...30 seconds

It's easy to find gratitude for everything that run smoothly in our lives, but how about the bumps in the road? We can be thankful for these little life lessons, too. The spilled



milk...the flat tire...the endless grocery line. The little errands or minor annoyances that pepper our days.

Every mishap offers us a chance to *slow down*. A chance to live in the present moment and focus our attention on the matters at hand...

Imagine navigating these bumps in the road with grace and ease...effortlessly going with the flow and keeping a cool, calm head. Adopting a come-what-may attitude...

Deep breath in, pulling the air deeply into the body...and a slow letting go breath as you release all stress...8 seconds

Another deep inhale and slow exhale, releasing expectation...10 seconds

Once again, slow, deep breath in...and exhale...letting go of anything that prevents you from experiencing gratitude. Releasing all blocks. Letting them dissolve...

Breathing in clarity...breathing in relaxation... 10 seconds

Engage with the peaceful, steady rhythm of your breath as you continue to invite gratitude into this experience...30 seconds - 1 minute

In the wise words of author G.K. Chesterton, "When it comes to life, the critical thing is whether you take things for granted or take them with gratitude." Take a moment to let this sentiment sink in...

"...the critical thing is whether you take things for granted or take them with gratitude."

Commit to turning all of your "for-granted" into gratitude. Mindfully walking through your life and making an effort to notice more...feel more...see more.

Continue deep breathing, deeply integrating this idea...taking everything with gratitude...30 seconds



Now, become aware of your body once again...feeling the floor beneath you...the air against your skin...10 seconds

Hearing the sounds around you...5 Seconds

And, as you slowly allow your eyes to open, taking everything in...10 seconds

This is your life... you are *here*...as you continue your day or night, remember to take everything with gratitude!

Meditation 5: Ending the Day with Gratitude

Hello, and welcome to this meditation! This session is best listened to at the end of a busy day, when you are free to relax.

Take a few moments to close your eyes...and then we'll begin to release any lingering tension or stress left over from the day...10 seconds

Settle in and breathe...slowing down the breath, now...deeper inhales and longer exhales...

During the course of a busy day, we often forget to breathe. Here, in this space, you have the opportunity to pay more attention to the breath. Taking more time with each inhale and with each exhale until you reach a more calm, slow rhythm of breathing. Settling into a deeper state of relaxation with each breath...30 seconds

Now, allow your mind to travel over the events of the day. From waking up until now, let your day wash over you...15 seconds

Make an effort to disconnect from any lingering responsibilities...any stresses about how your day went...or how your tomorrow will go....

Remember that we are here to find gratitude for the day.



Relaxing the shoulders, now...5 seconds

Letting your head tilt forward slightly, or tilt backwards if you'd like to rest it on a pillow...relieving the neck of strain...10 seconds

Bringing your mind back to your day, think about everyone who you came into contact with. Who was the first person you saw today? 5 seconds

How about the last person you interacted with? 5 seconds

Recall the conversations you had...the smiles or pleasantries you exchanged....recall every moment of interaction...and, as you do so, express gratitude for these moments of connection...5 seconds

Give your mind free reign here...try not to make any adjustments to your thoughts. Simply let your mind flow unhindered...30 seconds

Even amid misunderstandings or arguments, we must remember that we are all human. We can learn a lot about each other if we simply listen and stay present. Sharing our experiences with others is a gift. Collaborating with others is a true treasure. Align with thankfulness as you continue to recount the connections of the day...30 seconds

Now, connect with your body. Think of everything it's done today to keep you safe and healthy. Think of all of the processes that go on inside, out of sight. Sit in thankfulness for everything that your body has done for you today...no judgments, just gratitude...15 seconds

Consider the food that you've eaten today...the nourishment that you've given your body. Once again, there is no room for judgment here...simply appreciate every ounce of energy that your body has received...10 seconds

Think about the memories that you've made today...what will you remember in five years? In ten years? Consider the notable events that you experienced...even a small gift, a great meal, or a beautiful sunset will do...what did you experience today? 30 seconds



Allow your mind to wander over any prominent emotion that you experienced today, as well...good or bad. Remembering that you are here to experience it all. We wouldn't know joy if we didn't first experience sorrow, after all. Each emotion contributes to our story. What was your story today? 10 seconds

If your emotions become overwhelming, bring yourself back to center with the breath. Simply breathing and returning to the present for a few moments...and then exploring your emotions once more...thankful for each and every one...30 seconds

Finally, express gratitude for all of the skills that you carry...everything that you utilize in your daily life. Perhaps you're good at solving problems, putting logic at work today...or maybe you called upon your creative side today...or channeled your compassionate nature to remedy a situation. 5 seconds

Appreciate these gifts, and trust that you are growing them every single day. Becoming stronger with each experience. Continue to sit with this experience, breathing easily...30 seconds

And now, come back to the present moment. Allowing the day to dissolve...

Right here, in this moment, you have no obligations. You are here to relax. You are here to rest...

Once again, make sure that your shoulders and back are loose and free of stress...relieved of all responsibility...your back softening into your cushions...10 seconds

Your forehead relaxing...your jaw nice and loose...every limb nice and limp....relaxed...10 seconds

Let fulfillment course through you....the deep satisfaction that follows a long, productive day. Whether you accomplished everything you set out to do today is no matter. You showed up...you were present...and you gave it your all.

Right now, you deserve to slow down. Letting your body and mind rest...



Take a few more deep letting-go breaths as you sink even deeper into relaxation...breathing in...5 seconds

And breathing out...release...8 seconds

Inhale...5 seconds

And exhale...relax...8 seconds

You may continue to breathe deeply, eyes closed and body resting, or you may choose to open your eyes...give your body a nice stretch...and continue your night feeling peaceful, grateful, and fulfilled!

Meditation 6: Body Appreciation

Hello, and welcome to this meditation! Today I will be guiding you through an exploration of the body, inspiring gratitude as we go along.

Please find a quiet place to rest, encouraging your eyes to close when you're ready...5 seconds

Now, simply sit with your body. Check in with it...taking the time to pause everything and connect. Feeling the rise and fall of your chest...following the breath...noticing the unique rhythm of it...20 seconds

Take some time to disconnect from any mind-chatter, now. Overthinking or scattered thoughts can prevent us from engaging with our physical body. With a few deep breaths, let your thoughts clear...15 seconds

Any time you feel your thoughts dominating the mind, come back to the breath and clear them out...15 seconds

Now, connect with your head. Moving into the forehead...and the face...5 seconds



Consider your eyes...how important they are to you. Everything they take in...how they help you identify faces...internalize information...appreciate beauty...

No pair of eyes is exactly alike...yours are completely unique, like snowflakes. Consider the beautiful colors and the intricate dimensions of the eyes...10 seconds

Connect with your ears, too...admiring their dynamic shape...their ability to listen, hear...10 seconds

Aloud or in your mind, repeat "Thank you, eyes"... "Thank you, ears" as you sit in appreciation...30 seconds

Connect with the nose and mouth, now...taking a nice, deep breath in through the nose...and out through the mouth...5 seconds

Express appreciation for the natural filtration system of the nose...the tiny hairs that help filter the air that you breathe...10 seconds

Offer thanks for your lips...your strong teeth...the tongue that allows you to enjoy every variety of flavors...10 seconds

Repeating "Thank you, nose"... "Thank you, mouth" as you sit in appreciation...30 seconds

Moving down the spine, now, feel the strength of these important bones...the bones that keep your body erect and moving...10 seconds

Straighten the head, neck, and your back as you repeat...

"Thank you, spine"... "Thank you, back"...30 seconds

Now, connect with your arms...bringing your attention all the way down to your fingertips...connecting with the muscles of the arms...5 seconds

And the delicate bones of the hands...10 seconds



Holding appreciation in you awareness, repeat...

"Thank you, arms"... "Thank you, hands"... 30 seconds

Shifting your attention to the chest, now...once again noticing the gentle rise and fall of your chest and abdomen as you breathe... 10 seconds

Feel your heart beating in harmony with the rhythm of your breaths... 10 seconds

Repeat..."Thank you, lungs"... "Thank you, heart"... 30 seconds

Bring attention to the abdomen, now...the core of the body. Breathe into it, considering all of the organs that make up your strong core...

The stomach and intestines, and their many important jobs and functions... 10 seconds

Repeating, now..."Thank you, core"... "Thank you, stomach"... 30 seconds

Moving down into the legs, now...feel the strong bones...the muscles that help you walk... 10 seconds

Connect with the feet...appreciating every tiny muscle and bone here... 10 seconds

And repeat..."Thank you, legs"... "Thank you, feet"... 30 seconds

Sometimes, when we connect with the body, we become critical. You may have noticed your mind drifting into judgment as you explored your body. If so, take a few moments to return to the areas where appreciation was a challenge...

Sit with this body part, and allow any and all thoughts to surface...good, bad, or in between... 15 seconds

Now, clear the mind once again using the breath...creating a blank slate...making room for appreciation...



Clearing away the dark thoughts, doubts, or negative self-talk...seeing your body for what it truly is. A remarkable vehicle. A true gift.

Your body protects you...it nourishes you...it allows you to experience everything that life has to offer. Take a few moments to treasure it, appreciating it for its uniqueness and divine beauty. Feel appreciation flowing from the top of the head...5 seconds

Flowing into the spine...5 seconds

Down into the arms and fingers...5 seconds

Spreading through your chest and abdomen...5 seconds

Down into the legs and feet...5 seconds

Feel your whole body glowing with gratitude...15 seconds

Now, begin to let your breath return to a rhythm that is natural to you...easy inhales and exhales...

Open your eyes when you're ready...wiggle your fingers and toes...and return to your day with a renewed appreciation for your unique and amazing body!

Meditation 7: Mind Appreciation

Hello, and welcome to this meditation! Today we will be connecting with the thoughts and expressing gratitude for the mind.

Take a few moments to wind down, now. Whether you're at the beginning of your day...taking a break...or at the end of your day, it's time to take pause. Encouraging the body and the mind to dedicate the next 15 minutes to rest.

Closing the eyes...taking a nice, big sigh...and letting your body settle into comfort...15 seconds



Let your breath carry you into relaxation. Nice, slow, even breaths...making space in this experience....20 seconds

Let's go deeper, now. Deep breath in...5 seconds

Hold for a few moments...5 seconds

And release...8 seconds

Another inhale...5 seconds

Hold...5 seconds

And exhale...8 seconds

As you continue to breathe deeply, let your inhales bring calm to the body...and your slow exhales bring calm to the mind. Listening to the flow of the breath helps lull you into a deeper state of relaxation. Become more mindful of the sounds of your breathing...following each inhale as it enters...and each exhale as it exits...45 seconds

When our intention is to focus on the mind, it's important to allow the body to become as relaxed as possible...limiting physical distractions for the sake of delving deeply into the mind. From head to toe, encourage your body to relax just a bit more...feeling your head tilting slightly forward or backwards as you take pressure off of your neck...5 seconds

Feeling your shoulders slump...relieved of stiffness...5 seconds

Feeling your chest become more loose and relaxed with each fluid breath...10 seconds

Noticing that your back has softened...5 seconds

And that your limbs have become nice and loose...5 seconds



If you notice any area of your body that is still carrying stress or tension, refocus on that area. It's okay to give your physical concerns some attention...you are simply bringing them to the surface so that you can ease them.

Using your breath, soothe these areas...

Deep inhale...5 seconds

Hold for a few moments...5 seconds

And release...soothing...8 seconds

Another deep breath in...5 seconds

Hold...5 seconds

And let go...relaxing...8 seconds

Use this technique to continue to soothe the body...and remember that you are in no rush. Take your time, making room for relaxation...30 seconds - 1 min

With a relaxed body, I would like you to turn your focus to the mind, now. Making an effort to disconnect even further from any distractions. Releasing all outside sounds and sensations...going deeper and deeper within...10 seconds

Imagine lying in a grassy field, now...calm and relaxed, you feel safe here...

Feel the cool grass against your back...5 seconds

Listen to the gentle breeze flowing through this meadow...5 seconds

Now, look up...gazing at the bright blue sky above. As you do so, allow your mind to wander...encouraging your stream of consciousness to simply flow unhindered...20 seconds



Little by little, you notice clouds starting to form in the blue sky above...and you soon realize that each cloud is a manifestation of your thoughts...

Watch each one take shape...try not to direct the clouds, simply observe...

Notice the way they form into a recognizable shape or pattern...shift slightly...and then take on a completely different form...5 seconds

You realize that this is how your stream of consciousness flows. Each thought taking shape...shifting...and then merging into another thought...

Express wonder and appreciation for your miraculous mind. For the variety of thoughts that flow through...gratitude for the complexity of your mind...its ability to understand...process...ponder.

Your mind is your own...no two are alike. Appreciate its unique essence, continuing to observe the beautiful clouds in the bright sky above...your beautiful stream of consciousness...30 seconds

If your clouds begin to scatter or stop their flow, make an effort to encourage them to travel smoothly across the sky...the idea is to make room between each and every thought. Giving each one space to fully manifest and express itself...and then flow on by, allowing a new thought to take its place.

Breathe and flow... 30 seconds - 1 min

Now, allow your lungs to fill completely with your next deep inhale...and then blow your breath towards the sky...clearing the clouds away...and returning to an easy, natural breath as the scene disappears...10 seconds

You are back in your own surroundings, once again. Feeling the ground or cushions beneath you...the air of the room against your skin...the sounds coming back into your awareness...

Continue your day or night appreciating your beautiful mind and every thought within it...



Meditation 8: Heart-Centered Gratitude

Hello, and welcome to this meditation! Today we'll be focusing on the heart, inspiring deep appreciation to flow within and without.

Begin to settle in and disconnect from the outside world. Feel relaxation beginning to flow through your body as you take notice of your breaths...10 seconds

Allow your eyes to close when they're ready to...and make an effort to relax the body even further. Sinking deeper into your cushions...or simply allowing your body to become more limp...

This is a great opportunity to check in and make sure that you're not holding onto anything that's bringing the body tension or stress...scanning the body and taking the time to soften any knots or tension...

Taking a deep breath in...5 seconds

And out...releasing any tightness...5 seconds

Another deep inhale and slow exhale...10 seconds

Slow breath in...5 seconds

Hold for a few moments...5 seconds

And then let it out in a contented sigh...<sigh>...5 seconds

Now, shift your attention to your thoughts. You may find that your mind has become more calm as your body has become more relaxed. Encourage this, going with the flow...slow breaths in...long breaths out as your thoughts continue to still...

Deep breath in...5 seconds

And out...releasing any scattered thoughts...5 seconds



Another slow inhale and long exhale...10 seconds

One more deep breath in...5 seconds

Hold for a few moments...5 seconds

And let it go...bringing deeper stillness to the mind...10 seconds

Now, I would like you to shift your attention to your chest. Breathing easily, focus on the heart...

We often take the heart for granted, going about each day without noticing all of the work it does for us.

You may place one or both hands on the chest, if you'd like...feeling each heartbeat...hearing each heartbeat...simply connecting with this miraculous, living, moving heart that brings life to every part of your body...15 seconds

What thoughts come up as you connect to the heart?...5 seconds

What sensations arise?...5 seconds

Positive or negative, allow everything to surface...10 seconds

Now, imagine a bright green light beginning to glow beneath the surface...glowing from inside of the heart. See this light in your mind's eye...what does it look like?...5 seconds

What does it feel like?...5 seconds

This is the energy of compassion. Imagine the green glow flowing through all of the channels, vessels, cells of the heart...cleansing and healing...offering compassion to everything it touches.

Shining the light on old hurts....resolving old grudges...clearing away anything that brings heaviness to the heart...10 seconds



As the light does its healing work, bring to mind the beautiful sensations that this green hue inspires in you. The deep renewal...freshness, like new buds shooting through the spring soil...breathe in the aroma...10 seconds

Green also brings harmony to our lives...balancing giving and receiving so that our heart is always thriving and full...

With your next few deep breaths, pull this color deeper into the lungs and heart...grateful for its presence...

Breathing in green...breathing in harmony, balance, and rejuvenation...30 seconds

Now, envision a golden hue circling the heart...swirling through the green color...

Take a few moments to connect with the gold...what does it look like?...5 seconds

What does it feel like?...5 seconds

Feel the color emanating from the heart...glowing from the chest...and spreading all the way through your body...15 seconds

The gold inspires gratitude in the heart...carrying that gratitude to every part of you...

Saturating the body, mind, and spirit with strength, as well, feel the gold working with the green to heal all the shadows of the heart...relieving it of any heaviness...infusing it with courage.

Imagine the gold becoming more rich and vibrant with each inhale...and going deeper into the heart with each exhale...

Inhale, breathing deeply into the chest...5 seconds

And exhale...feeling the gold flow throughout the heart and the lungs...15 seconds

Another inhale...deepening the color...5 seconds



And exhale...feeling it heal and strengthen the heart...5 seconds

When your heart is healed and open, it becomes easier to let gratitude in. Using breathwork and visualization, you have now reached a state of open-hearted awareness. Connect with this awareness, taking note of how you feel right now, in this moment.

Hold your hands to your chest and breathe into them, once again noticing your heartbeat...how does your heart feel now?

Sit in stillness for the next few moments, continuing to allow gratitude to pour into the heart...

Now, release the colors...letting the green and the gold fade into white...and then disappear completely with your next long exhale...10 seconds

Bring your awareness back to your surroundings...opening your eyes, when you're ready...5 seconds

And giving your body a nice, long stretch. Grateful for this opportunity to heal the heart!

Meditation 9: Sleep Appreciation

Hello, and welcome to this meditation! This session is best listened to just before bedtime, when you are able to fully rest.

Make sure you're in a quiet, dimly-light room where you can safely relax. Take a few moments to become as comfortable as possible, covering your body with a blanket...adjusting your pillows...doing whatever you need to do let your body know that it's bedtime...5 seconds

As you settle in, allow your eyes to close...and your breath to slow...

Slowing the mind down, too...15 seconds



Now let's slow the body...telling it that it's time to rest. Beginning to breathe a bit more deeply as you feel the weight of your body on your bed...

Telling your head to sink deeper into your pillow, now...and making sure that your mouth is gently parted...and that your forehead is smooth and relaxed...

It's time to rest...10 seconds

Tell your arms and legs to lie limply...and make sure your hands and feet are at ease...

It's time to rest...10 seconds

Tell your back to soften, now...sinking deeply into your cushions...

It's time to rest...10 seconds

If your body starts to shift or reposition at any point in this meditation, that's okay. It's natural. Allow yourself to make adjustments as needed to ensure that you're comfortable and relaxed...

Now it's time to drift...drifting away from anything going on outside of your body...5 seconds

Drifting away from any sounds outside of this session...10 seconds

Drifting away from your surroundings...10 seconds

And drifting away from your stream of consciousness, now, as you feel yourself diving deeply into the subconscious mind...20 seconds

If you begin to feel yourself drifting into sleep before this session has ended, that's okay. Follow this urge. You are here to sink into gratitude as you slip into slumber...5 seconds

Now, feel your body rising...floating in the void of sleep. Floating above your bed...5 seconds



Above your home...5 seconds

Seeing your entire life from another point of view...10 seconds

What does your life look like from here? What do you see?

Perhaps you notice that your problems seem very far away from this height...and you begin to feel far-removed from the little concerns of everyday life...5 seconds

Notice the aspects of your life that often go unnoticed...taking in the big picture. Consider how everything works together perfectly...your body, mind, and spirit working together, striving for a happy and fulfilled life. You know that you can reach this fulfillment by simply accepting gratitude...10 seconds

Imagine waving your arms over your life, now, wiping the slate clean...clearing away any grudges, stagnant areas, and anything you take for granted.

Take a deep breath in...and release...creating a new appreciation for everyone and everything in your life...

Grateful for all of the people who are a part of your experiences and memories...5 seconds

Expressing appreciation for every aspect of this beautiful life...5 seconds

Appreciation for every breath in your lungs...5 seconds

And every beat of your heart...10 seconds

And, of course, grateful for this chance to rest...15 seconds

Simply drift, now...allowing your body to go into any direction it would like to...drifting over your life, and playing the role of gentle observer...watching without judgment or negativity. Simply observing with an open heart...1 minute



Now, feel yourself drifting into sleep...letting go of any visuals in your mind's eye...20 seconds

Releasing thought...20 seconds

Allowing your breath to flow easily...effortlessly...20

Coming back into your body once more...feeling your cushions beneath you...feeling the air against your skin...10 seconds

Feeling safe and secure in your room...comfortable, here, in your bed...10 seconds

Completely relaxed, and ready to sleep. Grateful for your mind...grateful for your body...grateful for this opportunity to rest... music until end

Meditation 10: Sharing Gratitude

Hello, and welcome to this meditation! During this session, we will practice a heart-warming visualization technique to foster gratitude and connection.

Go ahead and become as comfortable as possible, settling in and letting go...

Relaxing your head...your shoulders and back...5 seconds

Relaxing your arms and legs...5 seconds

And allow your eyes to slowly close...10 seconds

Now, connect with the breath. Simply following the inhales and the exhales...listening to the breathe...feeling the breath...20 seconds

Nice and easy, nice and slow, now...slowing the breaths even more...10 seconds



And with your next long exhale, begin to disconnect from all outside sensations. Releasing with the intention of bringing your focus within...

Deeper and deeper within...10 seconds

Now, bring to mind the most important people in your life. Your closest family members and friends...

Imagine each person appearing before you...notice each one...look them in the eye...feel their presence here...15 seconds

In your mind's eye, see yourself reaching out to one of your loved ones...and holding their hand in your own...5 seconds

Make it real - feeling your fingers entwined with theirs...and the softness and warmth of their skin...10 seconds

Now, imagine the bright glow of gratitude emanating from your heart as you bring to mind all of the ways this person makes you feel loved. What gifts does this person bring into your life? In which ways does this loved one support you? Feel the gratitude growing and growing...becoming brighter and brighter with each beat of your heart...10 seconds

And now, feel this light moving from your chest...all the way down your arms...to your fingertips...

And then flowing from your hand to the hand of your loved one...moving all the way up their arm...and to their beating heart...filling it with gratitude and love.

Imagine the look of joy on your loved one's face as they accept this gift of gratitude...5 seconds

See the warm glow shining brightly within them...their heart beating in sync with your own...



Stay in stillness for a few moments, enjoying this heart-to-heart connection...30 seconds

Now, with your free hand, reach out to a treasured friend. Once again, feeling their hand in yours...

Feel the light of gratitude shine brightly within your heart as you think of all of the happiness, lessons, and experiences this person has brought into your life. What is it that you appreciate about this person? Be specific as you bring these precious memories to mind...10 seconds

And once more encourage the glow to flow from your heart to theirs...moving in and around you both, enveloping you with appreciation...

Enjoy this divine moment of connection...30 seconds

Now, imagine all of the people who are present joining hands...forming a circle...

Watch the light spread from the hearts of the loved ones by your side to the next...and the next...and the next...forming a ring of gratitude...

Once again, notice everyone who is present here...the people who you hold dearly...the ones who you may or may not take the time to appreciate as often as you'd like to. This is the time to offer your thanks...10 seconds

If any distracting or troubling thoughts surface, that's okay. Acknowledge them, then simply take a few deep and cleansing breaths...feeling the glow of gratitude becoming stronger...brighter...burning away anything that does not serve this experience. Remember that there is no room for judgment, grudges, or the past here...there is only acceptance. You are here, in the now. Embrace this moment...

Breathe deeply, allowing the light within your heart to glow and grow...spreading through the circle once more...feeling each heart beating as one...each breath taken as one...

Allowing into this circle only unconditional love and appreciation...30 seconds - 1 min



Now it's time to release this visualization....letting go of the hands of your loved ones, and seeing everyone in the circle release their hands, as well...

Hold your hands up to your heart in gratitude for this experience, and thank each person in your circle for being present here.

Now, allow the scene to fade...and bring yourself back into your body with your next few breaths...deep inhale as you allow your eyes to open...

Give your body a nice stretch...hands above your head, and chest open...

And return to your day feeling loved, appreciated, and deeply grateful for every connection in your life.