

Gratitude

Guided Meditation Script

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Sit comfortably in a quiet space where you can be free from distractions

Root your hips into your seat as you lift up a little taller through the crown of your head

Let your shoulders drop from your ears, and rest your hands comfortably on your thighs

Close your eyes, and bring your attention to the breath

Breathe gently and slowly, in and out through your nose

Connect to the breath not only through your mind, but through your body

Notice the felt sensation of breath

And then notice where it is that you are.

Beginning on a grand scale, recognize the country in which you are sitting

Even with all its faults, aware that you are here in a nation that is relatively safe

And that offers you and other the freedom to do things such as meditate

To sit here comfortably, right here, right now

Recall all the nations in the world that are at war, that are unsafe

Where people might be persecuted for doing something as simply as sitting quietly, and praying.

And feel a deep sense of gratitude for where you are.

Recognize that gratitude not only in your mind,

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But feel it in your body.
Sense gratitude with your whole being

And then zoom in a little closer to the particular region of the country in which you sit, your neighborhood perhaps

Notice all the simple beauty around you in this area
Take note of your access to housing, to food, to work
Take note of your neighbors or friends, the community that surrounds you
And again, feel into a deep sense of gratitude
For all the circumstances that have led you to this place, right here, right now

Tap into that gratitude as it's felt by the body

And then zoom in further to the place in which you are seated
Recognize that there is a roof above your head
Feel the support of your chair, or cushion, or floor underneath you
Take note of the sensation of the clothes against your skin
Recall that there are millions in the world right now who have no such comforts.

And feel your body soften into gratitude for all that is supporting you in comfort right here, and right now

Notice where in your body that sense of gratitude arises

And then hold attention on the body itself
Recognize the good fortune you have of having been born into a human body
Recognize the incredible prosperity of your health, your ability to move
If you can see, and hear, and speak, and smell, and touch and feel things,
Take note of how precious those gifts are

Take note of the preciousness of your breath
Each breath in, and each breath out
The preciousness of your heart beat
The steady pulse of energy alive inside of you

Sense your fortune, and again, check in with that full body feeling of gratitude

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Grateful for all of the most simple, yet most inestimable functions of your human body

And then recognize the mind itself

Your curious mind

A mind that is interested in learning, growing,

A mind that's occupied right here, and right now, with meditation

Recall how each and every being in the entire world is in pain

And yet there are so many for whom the idea of meditation is too far out of reach

Of all the things that you could be doing right now,

You have chosen to slow down, to get quiet, to focus

You have chosen to work on developing the moral virtue of gratitude

You have chosen to open your heart to all that is going right in your world, in your life

You have chosen to take steps towards clarity, patience and happiness

You are doing the work, right here, and right now

And with your body, feel into the rarity of that

Recognize with deep gratitude, the intuition that has brought you to this moment

Sit with the sensation of gratitude, grateful

Grateful for this opportunity, this body, this breath, this mind

Locate the sensation of gratitude in body, breath and the mind itself

And open further to its presence

Feel it soften you

Feel it lift you up

Let gratitude hold you, support you, and encourage you to further awaken