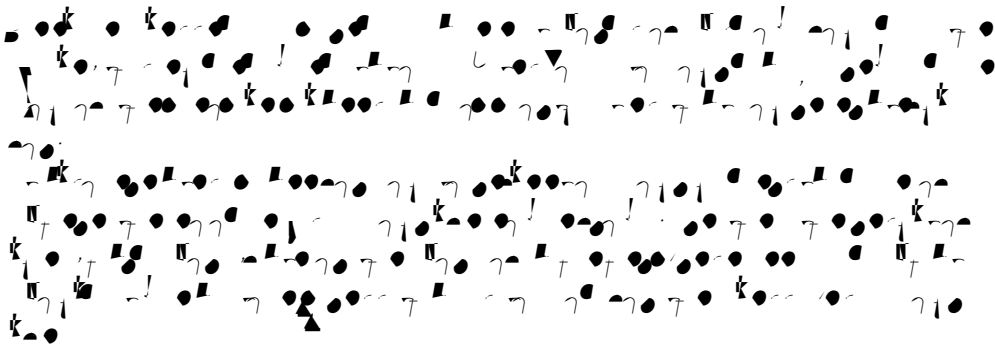


Meditation for gratitude



You are listening to a meditation to experience and express gratitude.

Make yourself comfortable.
Let your body relax.

Take a moment to check how you're feeling.
Are you experiencing any tension in your body?

Take a deep breath in and a long breath out.
Become aware of this tension leaving your body.

Let's start by inviting gratitude into your day.

Hold your hands in a cupped position.
Imagine a small gi being placed there.

This gi represents your senses.
Consider: in which ways are your senses a gi ?
Think of the ways they connect you to the world around you.

What are your favourite things to taste?
Savour that thought.

What are your favourite things to hear?
What are your favourite things to touch?
What are your favourite things to smell?
What are your favourite things to look at?

Picture another gift being placed in your hands.
This one represents your home.
What do you appreciate about it?
Think of your favourite room.
How does it make you feel?

You notice another gift being placed into your hands.
This represents a place outside of your home.
Maybe it's an outdoor space or your workplace.
What do you cherish most about it?
What does this space give you?
Who are you able to be in this place?

Another gift represents someone special in your life.
How do they support and encourage you?
What do you love about them?
What's your favourite memory of them?

What other gifts do you hold dear?
Imagine them falling into your hands right now.

Notice how many there are, piled high in your hands, each one precious to you.

Pause and reflect on this image of the good in your life being like gifts.

What would it mean if they weren't random – but good gifts, especially for you?
Do you connect with the idea of a giver of these gifts?

One ancient writer says: 'Every good gift and every perfect present comes from heaven; it comes down from God, the Creator of the heavenly lights.'

How do you connect with this idea?
What would it mean for God to be a loving, present being – an origin of goodness?

Open yourself up to experiencing the author's understanding of God as the source of the good gifts in your life.

Take a deep breath in and a long breath out.

Another ancient biblical letter reflects on the joy of expressing gratitude.

Writing to friends in the early Church, the author says: 'I thank my God for you every time I think of you; and every time I pray for you all, I pray with joy.'

How would it feel to receive this message?

Think about the last time someone thanked you.
How did their response make you feel?
Let that feeling flood your senses right now.

When was the last time you thanked someone?
How did it feel to be able to express your appreciation?