

## **Experiencing Gratitude**

*Sit quietly with your back straight and body relaxed.*

### **Ring 3 bells**

*Do the following breathing exercise*

*Breath in as deeply as you can – hold the breath – and now push all the air out – breath in deeply – hold – push the air out – breath in deeply – hold – push all the air out.*

*Now breath normally.*

*Gently place your awareness on your breath entering and leaving your body.*

*Don't force it – just relax into it.*

*Become aware of your breath becoming slower, smoother and more comfortable.*

**(30 seconds)**

*Now I want you to think of something you are grateful for. It maybe be a person, a place, your health, your life.*

*Whatever it is, bring it to the forefront of your mind.*

*Don't just think about it, experience it.*

**(30 seconds)**

*How does this gratitude make you feel?*

**(30 seconds)**

*What emotions are tied up with this gratitude?*

**(30 seconds)**

*What body sensations are you experiencing?*

**(30 seconds)**

*Sit with this experience for a moment.*

*Let yourself be engulfed by your feelings, emotions and body sensations.*

**(30 seconds)**

*Truly experience what gratitude feels like.*

**(1 minute)**

*In a moment, your will hear 3 rings of the singing bowl. Follow the sound and when it has finished, slowly open your eyes and gently introduce yourself back into the world.*

**Ring 3 bells**

