

Meditation Gratitude Power

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“Sit in a relaxed, comfortable position. Allow yourself to slowly feel your breathing, your inhale and exhale, the rise and fall of your breath. (pause) Find a rhythm to your breathing that is the most calming for you.(pause) Let yourself feel more centered and grounded with each inhale and exhale (pause). Let your awareness to move your 5 senses, and allow images, sensations, memories to come to mind as I name each sense: things that you enjoy seeing (pause 15 secs), things you enjoy smelling (pause 15 secs), things you enjoy tasting (15 secs), things you enjoy hearing (15 secs), and things you enjoy touching (15 secs) Say to yourself, “For these senses, I am grateful”

Next, bring to mind the people in your life you feel close to or appreciative of. Allow their images and memories to arise. If it's hard for you to visualize, let yourself have a felt sense of who they are. (pause) Slowly be with each person, whether they are family members, mates or romantic partners, friends or colleagues. (pause) Take a minute to experience gratitude for all these people (1 minute). Say to yourself, “For these people, I am grateful.”

Next, turn your attention onto yourself: you are a unique individual, blessed with qualities and gifts that are very special. For the next minute, take inventory of your best qualities and features. If you find this challenging, focus on the positive things others have said about you,(one minute) Say to yourself: “For my special qualities, I am grateful.”

Finally, rest into the recognition that it is a precious privilege for each and every one of us to breathe, to think, to feel, to enjoy, to love. Gradually open your eyes and absorb the breathtaking wonders in this 2 minute video that show us what a miracle it is to be alive:

*<https://www.youtube.com/watch?v=DRONFXoXsJ0> (Louis Armstrong - What a Wonderful World
Attenboroughs - Wonderful World BBC Video)*