

Gratitude Meditation Script

(Talk softly and slowly; modify voice slightly to make it different than usual.)

Thank you all for being here for today's gratitude meditation experience. In this session, we'll start with about a 10-minute meditation, followed by some time for reflection.

(Turn off cameras and flip to candle slide.)

This will be a seated meditation, so please start by taking a moment to settle into your seat and make sure you are seated comfortably. **(brief pause)**

- Place your feet flat on the floor and feel them firmly connected to the ground. Focus on your connection to the earth. **(brief pause)**
- Close your eyes and take a deep breath in... and out. **(deep breath)** Focus on the air flowing through your lungs.
- Take a moment to swallow. Consider that most of your body is made of water. Imagine that you can feel the fluids flowing through your body. **(deep breath)**
- Now, rub your hands together briskly, then place your hands over your heart. Feel the warmth created by your own body heat. **(deep breath)**

Relax your hands and take another deep breath as you begin to sink into a deeper relaxation. **(deep breath)**

Think about one of your favorite settings in nature and imagine you are there. The more you can imagine being in this natural space, the deeper you will sink into this meditation. **(deep breath)**

If you can't think of a specific spot in nature, just think about the beauty of nature in general as we move through this meditation together.

- First, as you imagine being in this natural setting, what do you see when you look around? Do you see trees, water, mountains, or other natural wonders? Take a deep breath and take in all of the sights around you. **(10 seconds/deep, slow breath)**
- Next, what sounds do you hear? Do you hear birds, flowing water, the wind in the trees, or other peaceful sounds of nature? Take another breath and focus on these sounds. **(10 seconds/deep, slow breath)**
- What do you smell or taste in this space? Do you smell moss on the trees, taste the salt in the air from the nearby ocean, or sense other fresh smells and tastes of nature? **(10 seconds/deep, slow breath)**
- What do you feel on your skin and your body? Do you feel the firmness of a rock or a log beneath you, a warm breeze on your skin, or other sensations of this natural space? **(10 seconds/deep, slow breath)**
- As you sit in this relaxing, natural space, take a minute to think about what you are grateful for in your life. Although it has been a challenging couple of years, you have many things to

be grateful for. What or who are you grateful for today? Take several deep breaths as you think about all you have to be grateful for. **(30 seconds/ 3 deep, slow breaths)**

Now, take another minute to think about what you'd like to focus on in the next few months of your life. Do you have any specific plans to look forward to? Would you like to make any plans? Do you have any areas of self-care or personal growth you'd like to focus on? Any new experiences or practices you'd like to explore? Take several more breaths as you think about what you'd like to do next in your personal life. **(30 seconds/3 deep, slow breaths)**

Now, take another deep breath and begin to gently return from your meditation. **(deep breath)**

Feel your feet on the ground of the room you are in, feel your body in your chair, slowly move and stretch your hands, your arms, and the rest of your body. When you're ready, open your eyes to look at the space around you. Take another deep breath, and settle into the space you are in. **(deep breath)**

Now, take a minute to reflect on your meditation. Think about what you're grateful for and what you are looking forward to in the coming months. Feel free to take a few notes. In one minute, we'll break into small groups to share any thoughts that you'd like to share.

(One-minute reflection)

(Flip to instruction slide.)

Now, in small groups, let's discuss these questions, which are being sent in the chat:

- What are you grateful for?
- What are you looking forward to in the coming months?

If no one in your group feels like sharing anything, you can use the time for silent meditation and reflection or return to the main room at any time. We'll end the small groups after 10 minutes and return to the larger group for the last 5 – 10 minutes in case there's anything you'd like to share with the larger group.