

## Gratefulness Meditation



*The act of gratitude is a confession of faith.  
Gratitude acknowledges there is more here than what we see.*

At the end of the day, sit in a place quiet,  
close your eyes and take a few moments to review the day.  
Allow all the pleasant people, events, experiences of the day to arise.  
View these experiences one at a time.

Let yourself appreciate and give thanks for the gifts that have touched your life today.  
Silently name any gratefulness you may feel for each person, event, encounter, experience.  
Let your heart open and receive the richness and nourishment of each experience again.  
Allow images from the day to arise and fade away until you feel complete.

Next, begin to recall any unpleasant or difficult experiences from the day.  
Focus your attention on one particularly painful encounter or event.

Now, try to touch that memory with gratefulness.  
What do you notice as you practice giving thanks for something painful?  
What emotions arise? Does it make you peaceful or angry? Does it feel easy or hard?  
Stay with one image, repeatedly giving thanks for the fact that  
this person, event, experience was part of your day.  
Let your heart open to any gifts this experience has brought or is bringing.  
Continue to touch this experience with gratefulness.

Finally, give thanks for your life.  
Take a moment to explicitly name all the qualities of your life for which you are grateful.  
Practice being thankful for your breath, your body,  
the people who care for you, your spouse, lover, children, friends,  
for the colors of the day, for your home, for your food.  
Reviewing as many gifts as come to mind, speak a word of silent thanksgiving  
for everything you have and for all that you have become.

Notice what happens in your body as you practice giving thanks.  
Notice what emotions arise. You may practice this meditation every day.  
At the end of a week, what do you notice?

Adapted from Wayne Muller, *How Then Shall We Live*