

## **Gratitude Meditation**

by Joseph Liberti

### **Introduction**

I regularly do a gratitude meditation. Very often I do it at 2 AM while sitting and looking at the magnificent, star-filled sky from my high-mountain Colorado home. The effects of this meditation include: An increased sense of well being, a deep sense of peace, and the experience of being delighted. What I also notice is that this practice also creates a context of abundance that enables me to manifest what I need and experience life as more fulfilling. I have provided a list and a sequence that is, more or less, my habit. You can alter it to fit your needs. I encourage you to try it soon and often.

### **Beginning With Focused Breathing**

This meditation starts with focused breathing. I focus on the tip on my nose and on the air entering and leaving my nostrils. I silently label each breath: “breathing in I am aware I am breathing in” and “breathing out I am aware that I am breathing out.” I calm and center myself with about 10 breaths and I begin giving thanks. I thank my own version of God that I have come to know and love. You may thank your God or The Universe or whatever higher power you like to pray to or give thanks to.

### **Meditation**

#### **I give thanks for the air I breathe.**

I give thanks for the marvel of the delicious air that enlivens me, and the ability to breath it.

#### **I give thanks for my life.**

I give thanks for every precious moment of living; the agony and the ecstasy; the highs and lows. The pain and the pleasure. I give thanks for the ability to be in this body and to be able to sense and feel the exquisite gift of experiencing life.

#### **I give thanks for a strong and heathy body.**

At my age my body has at least it's share of the dings and rust and eccentricities of a vehicle that has carried me well for a long time. Affirming my body as strong and healthy helps me to manifest more strength and health. Acknowledge all the good that you can about your body.

#### **I give thanks for what works.**

Thank you for a car than runs, a computer that computes and a flute that plays. I get a kick out of this one and naming all the items that work and support me every day.

#### **I give thanks for abundance.**

There is so much to be thankful for in this category – food, housing, clothing, money and more. I start with food. I give thanks for the orange juice I drank this morning. For the oranges that made it possible; the farmers who grew and cared for the trees; those that harvested the oranges, and the people who transported them. I give thanks for those people who squeezed the oranges and packaged it; the folks who made the containers, the shippers who carried them ; the people who stocked the coolers and the clerk who checked me out at the cashed register. All this was done so that I could open up the refrigerator, and savor the delicious, refreshing and nutritious juice. When you stop and think about all

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that you can be thankful for it this one simple thing, you will be amazed. And this is only one item.

I repeat this process with different items that come to my mind. It is surprising how many things we can take for granted that we receive and use day to day. In the United States our bountiful supply and easy availability of food and goods is almost an embarrassment of riches. While you may have more or less than others, you can always give thanks for what you do have.

### **I give thanks for those who serve.**

I give thanks for the grocer the doctor the propane delivery man, the barber, the plumber and all those I can think of who serve me and others. I include those who build the chair I am sitting in and laid the tile of the floor where my feet rests. There are so many who give to use and frequently we don't recognize them. By valuing them we also value ourselves.

### **I give thanks for my home and family.**

I give thanks for the wonderful home I live in; the comfort of heat on a cold night, and the wonderful nest that is my sanctuary. I give thanks for my wonderful wife; her gentleness, her intelligence, her generosity and non-judgement and the great skill she has as a cook. In turn I go down the list of my family members and recognize and give thanks for who they are and their qualities and characteristics. I include my thanks for our cats and their affection and for choosing us to live with.

### **I give thanks for friends.**

in the same way that I recognize and value the members of my family, I give thanks for my friends. I give thanks for their loyalty and for their non-judgement. I give thanks for having someone accept me just the way I am. I give thanks for their help, their disagreement, their wisdom, and the times when they need me.

### **I give thanks for associates and suppliers.**

As with friends and family, I also give thanks for those I work with and for those who supply me with goods and services and support me to be successful in my business. When you stop and reflect you will realize how wonderful people can be and how much they just want to give the gift of themselves and do the best they can. I give thanks for the graphic artist who delivers an inspired drawing and is equally able to throw away what, in her view does not work, and remove the charge from the bill. I give thanks to those who support me.

### **I give thanks for my neighbors.**

I give thanks for their cheerfulness, their eccentricities, their generosity, their help, their willingness to be in my life as little or as much as I like. I give thanks for the comfort and pleasure of having them as extended family and as the familiar boundaries of my home nest.

### **I give thanks for music.**

I give thanks for music and the ability to play it and listen to it. I give thanks for the ability to read music, to interpret it and improvise it; the feeling I get in my body when I hit the notes just so. I give thanks for my fellow musicians – their talent and their spirit. I give thanks for the thrill of being in the zone with the other musicians in my band. Give thanks for whatever art or artifact that you enjoy or create - woodwork, quilting, music drawing or whatever.

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### **I give thanks for nature and for critters.**

I give thanks for the docile sweetness of the deer that come to drink at our fountain and lay under our tress. I give thanks for the fierce hawks that sweep the skies and scour the land for a meal over our mountain home. I give thanks for trees and flowers and grasses. I give thanks for the smell of the Pinon pines when the sun strikes them in the morning; for the streams that gurgle in the canyon and for the trout that swim in them. I never cease to experience awe and wonder in the presence of so much natural beauty order and abundance and I give thanks to the creator and the created.

### **I give thanks for universal goodness.**

I give thanks for the blessings that flow to me and all of us; for the Spirit that is around us and within us and for the love that is our nature and our inheritance.

### Closing

I like to sit quietly after I stop giving thanks and just listen and feel. Thank you for being willing to consider this meditation. May you use and enjoy it in good health.

Joseph Liberti