

Hi and welcome to your gratitude meditation, this is Victoria.

I'd love for you to find a comfortable seat, whether that be sitting up or lying down. Just let it feel really good to you; a place and a space where you can feel present and relaxed, yet alert, expanded and open to the moment.

Once you find your seat, why don't you go ahead and close your eyes, and begin to let the external world fade away. In this brief meditation we're just going to focus on a beautiful moment of gratitude and let it expand through our being.

The way we will begin this beautiful time is by turning our awareness to our breath. So take that moment to turn in and tune into the breath by breathing in and exhaling down the body, out the feet, and into the earth, letting that beautiful breath come in, receiving that inhale, and exhaling that same breath down the body, out the feet, and into the earth.

As you continue to breathe in and exhale down and out your feet, allow your muscles to relax. Let that be a present intention; to unclench and release muscles, and tense physical spaces in the body. Unclench that tension and drop it down and out your feet, just like do your exhale. Drop it into the earth.

And while you're breathing and relaxing those tense muscles and settling into a space of being present with yourself beyond your physical body, this is a beautiful time also to invite yourself to let go of any tension, impatience, and frustration you may be feeling today. By preparing our bodies and our beings and setting that intention to release those emotions that do not serve us, or serve our gratitude space, we let them go. And all the while we breathe in, exhale down the body, out the feet, and into the earth.

While we're letting go and releasing, we can take a moment already to be so grateful to take a moment to connect to our very essence, to connect to our self from the inside out and focus on the blessings that exist in our life. And as you continue to relax the muscles allow the body to pool a little bit of energy and awareness into the lower part of the body, and allow it almost to sink into the earth, and as it does you connect to the beautiful earth. And as you do, the earth gifts you with a wave of peace and comfort. And as this peace and comfort travels up the body up your body from your feet all the way up to the top of your head, it leaves no part of your being untouched by this beautiful loving wave of peace and of comfort. And you can access this beautiful wave and blanket of peace and comfort at any time, just by allowing yourself to connect into the earth, and to your breath, and always breathing in, exhaling down the body, through the feet, and into the earth.

As we connect to the earth we are going to send our awareness all the way to the top of the body and we're going to feel ourselves looking over our entire being, and we're going to imagine opening the pores in our entire body. Every pore opens and expands. As it opens and expands, we invite in abundance, joy, love, and light. And through our breath, as we receive that inhale and in our pores take in that joy, abundance, love and light, it fills our entire being with this high vibration white light. And we feel so grateful for it as we allow our self and invite our self to receive it, there is nothing we have to do, there is no right, no wrong, we just receive this beautiful gift of abundance, joy, love and light, and let it come in through our pores and shine through our entire being.

As we sit with this for just a moment, and we breath in and exhale down the body, out the feet, and into the earth, we turn our attention and awareness back to our breath, and the very simple in and out of that breath, and I invite all of you now to take a moment and think of one thing for which you are grateful. Whether that be a person, a moment that happened today, a thing, a time in your life, take this time to remember that – that thing for which you are so grateful. And once you've captured it, let it come into the center of your awareness. Let's place this beautiful thing for which we are grateful, in the center of ourselves, which really is in our heart. So as this beautiful piece of gratitude, this blessing, comes into our heart, we let it sit there and begin to vibrate. And slowly this beautiful blessing that is in our heart begins to expand.

And as we breathe in, exhale down the body, out the feet, and into the earth, it expands from our hearts and out to the edges of our being and it fills our mind, our body, and our spirit. And so for you today, this beautiful heart-centered blessing, this person place or thing of gratitude in your day, which starts as a small seed in your heart, expands and grows to bring gratitude to every part of your being so you are filled with nothing but that deep love, joy, and gratitude, in your mind body and spirit

As that gratitude vibrates in every pore, in every energy pathway, please remember that wherever you go, and whatever part of your day you move into, if you feel yourself shifting out of that gratitude, just close your eyes and return to your heart, and to that seed of gratitude that you planted today with your beautiful breath, and that you allowed to expand to your entire being. Because gratitude is a choice, and it is a beautiful and powerful lens in which we can see the world and we can see our lives.

Continue for just a moment to breathe in, and to exhale down the body, out the feet, and into the earth. And whenever you're ready, you may open your eyes, and step forward into the rest of your day from this beautiful moment of gratitude. Namaste.