

Gratitude Meditation Script

Find yourself in a comfortable seated position. Use whatever seated relaxing position makes you feel comfortable, whatever makes you feel at ease and it is completely pain-free.

Take your time to get comfortable, use a meditation cushion if you need, and when you are ready, open your chest...

Sit up nice and tall, keep your shoulders relaxed, close your eyes and breathe. Feel free to lay your arms down softly on your thighs...

Once you find your moment take some deep breath in through your nose and exhale out from your mouth...

If you need some extra tool to enhance your meditation you can try binaural beats... they are a powerful tool to help you focus on the present moment and go with the flow...

Now take some time to focus on the world around you and feel gratitude. Feel the magic that is embracing you... Feel the energy of this safe place.

Embrace yourself, your mind, your body, your emotion...

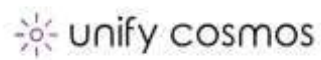
This is a place where you need to stop... a place where you just have to feel and work with your own light... nourish your passions... nourish what you love and find what feels right...

Feel the warm light of the candles surrounding you... having your back... showing you the light and the path in a gentle caring way

Live the present without obsession by being connected all the time... really feel yourself... you can enjoy the small things you have and that you don't need anything else... you already have everything you need to make the most of your time here.

Even if you feel some negative emotions, and you don't feel the calm and the peace you want to have in your life, be grateful... you more than others can feel... feel the world around you, your emotions, the bad and the good, you can feel everything at its best.

You have a house... a place you can call home... a place where you can shut the world out and just focus on your real world the world made up of the things you love, the things you care of, the things making you happy.



Feel its warmth... feel the energy around you...feel its vibes... its positivity...its lively energy surrounding you... having your back... becoming a sacred place where you can get back to something familiar, something you know so well... a nice known place where you can relax.

In this moment of pure connection, you finally open yourself up to what's beside you... all the incredible, amazing things you usually cannot see because of the crazy rhythm of your daily life and routine... now it's the time to be thankful for all you have... acknowledging all those things and the way they make you feel...

You got this... feel the gratitude and acknowledge everything around you. Ignore the endless quest of searching for something you don't have...

You are exactly where you need to be...

Namaste