

Finding a comfortable position, eyes closed. If you're comfortable doing so, leaving them open and just gazing softly in front of you if you prefer. Bringing attention to the body. Noticing some sense of the whole body sitting and what it's like to be sitting now.

Scanning through the body, noticing the body seems relaxed or if there is tension present. Just noticing. And if I'm noticing you've encountered any tension, releasing it or letting it go. Allowing the face and jaw to soften. The neck and shoulders to release. The arms and hands to relax. The legs and feet to relax as well.

Settling into being right here, right now. Noticing the activity of the mind. And if the mind is tense or if the mind is more relaxed. If the mind is active. Thinking about the future. Reflecting on the past. Think if it's possible to just release thoughts and allow the mind to settle as well.

And now allowing the attention to settle in on whatever seems most natural to you as your anchor for that place to serve as home base for the attention. You might choose to pay attention to sound. Or to bodily sensations, sensations in the feet or the hands. Or anywhere else in the body that seems to offer a safe haven for the attention. Or you might pay attention to the sensations of breathing, noticing the natural flow of air into and out of the body. Whatever you have chosen as your anchor, just allowing the attention to rest there.

And when the mind inevitably wanders, that moment of recognition when you've realized that the mind has wandered, it's now caught up in thoughts or noticing bodily sensations away from your anchor, the moment of recognition is a moment of mindfulness. Of being aware. And in this awareness is the opportunity to choose, choose to continue with the mind wandering or to choose to direct the attention back to your anchor.

Allowing now focus on the anchor to drift into the background and to bring to mind a being that you feel gratitude for. It might be a person or a pet. But bringing to mind now this being that you're grateful for. And acknowledging why you feel grateful.

What is it about this being, this person, this pet that elicits feelings of gratitude? And as you hold this being in your mind, acknowledging the feelings of gratitude, exploring why you feel grateful, also bringing awareness to the region of the heart, the left side of the chest. And just noticing, as you're feeling grateful, acknowledging gratitude, or any physical sensations that arise, any felt sense of expressing gratitude that arise in the body. There may be particular sensations, there may not, just noticing your own experience.

Letting go of the image of this being. And bringing to mind now a place that you appreciate. It might be a specific place, a specific time. Or it might be more general. And if we bring this place to mind, acknowledging the source of your feelings of gratitude, what is it about this place that you're grateful for? Bringing attention to the region of the heart, noticing if there's any felt sense of gratitude as you bring this place to mind.

Letting go of the image of this place, bringing to mind now an experience that you're grateful for. It might be a specific experience, a one-time event. Or it might be a more general category of experience that you're grateful for. Bringing this to mind, noting why you feel grateful for this experience and whether there's any felt sense of gratitude in the region of the heart.

Being open to your present moment experience of gratitude. Letting go of your focus on this experience and returning your attention to the anchor, allowing the attention to settle in. While also noticing if there's any continued felt sense of gratitude you've been brought, a person, a place, and an experience that you're grateful for to mind.

Shifting the attention to the sensations of breathing, noticing the flow of air into and out of the body. Taking in a deeper breath, allowing the lungs to fill fully. Breathing out, emptying the lungs completely. Breathing in again. And opening the eyes, if they've been closed, as we end this meditation.