

Nurturing a State of Gratitude

Given the benefits of gratitude for your brain and health, it's well worth taking the time to focus on cultivating this emotion and trait in your life. Here are some beautiful practices to incorporate in your life.

When you do a heart breath, relaxation or any other meditation, start or end your practice with a statement or prayer of thanks. We all have challenges every day, but in every day there is something for which we can be grateful, even if it is just the fact that we woke up.

Here are some other practices to inspire those feelings of gratitude:

Keep a gratitude journal. Keep a small book on your bedside table and each evening write three things you were grateful for that day.

Write a gratitude letter to a past mentor or teacher. Write a letter, preferably by hand on nice paper, explaining what they did, how it affected you, how you felt, and why it is so important to you still. You can save it or send it, if you are able.

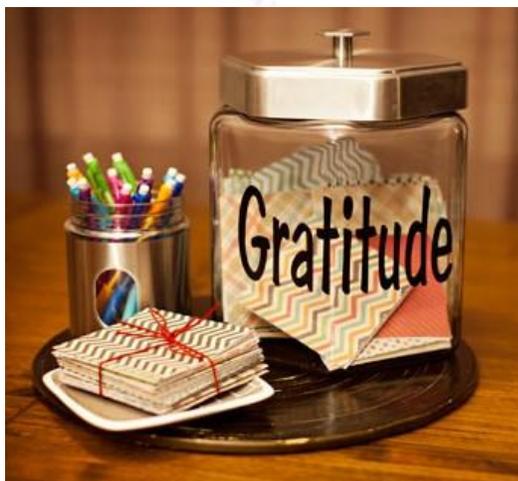


When you walk into a room in your home, just stop on occasion to notice and maybe even count how many things you can find to be grateful for in each room of your home. It could be something as simple as electricity or running water, or a beautiful view.

Savor receiving thanks. Do you notice if you have trouble receiving thanks? Receiving thanks for someone else is also good for your heart and your brain, and for many of us, especially if we tend toward being altruistic, we have trouble accepting thanks. Work on receiving thanks with grace.

Listen to a guided gratitude meditation, such as [THIS ONE](#). The benefit of this meditation is that it also uses brainwave entrainment to help you achieve the alpha state that is so important for a complete meditation experience.

Whenever you have to have a difficult conversation with someone, or lead a meeting, always start with something that went well, or for which you are grateful to the other person or team. It sets a much better tone for the meeting, and helps everyone frame the experience in a healthier, more helpful way.



Fill a gratitude jar. Take a decorative mason jar or box that you can set in a place you will see every day, like your kitchen counter or a hall table. On a regular basis (daily or weekly) take a piece of paper and write: "I'm thankful for _____ today because _____." Then drop them in the jar or box. If you are feeling low, read your blessings to yourself.