


## Seeds of Gratitude Exercise


**Step 1:** Write in the eye of : Something negative that happened today, or something you are unhappy about or struggling with.

**Step 2:** Write in the outer circle: All the blessings/gifts this 'negative' experience brought with it that you are grateful for, as a result.

**Step 3:** Select one blessing/gift that you are *most* grateful for, and ponder upon this gift/blessing only ... *feeling* Gratitude for it, *feeling* thankfulness. Now, imagine this gift is a seed and place it in your heart. Place your dominant hand on your heart. Focus on this seed. Imagine pure light from your body bathing, nourishing this seed. See the seed sprouting in the minds' eye. Growing. *Feel* the energy expanding your heart. Ahhh ... You are growing your Gratitude into Love. *Feel* the wonder of this.

You are in Love! Emotion, e-motion, energy in motion. LOVE!  
Feel it! Bask in it! Bathe in it! Memorize it, this feeling of Love!

Now, gift this Love through your arteries and blood vessels to your whole body. Into *all* your cells. *Feel* it expanding now, out beyond your body, a gift of Love back into the Universe.

**Step 4:** Now, with your body filled with unconditional Love, take the words written in the eye of  and fold them into your heart. Now *feel* Love for this experience. *Feel* it! Think of this experience. Stay with this new, loving feeling for a minimum of 33 seconds. As you stay with the feeling of Love, while thinking about the experience, you are re-programming your brain, your perspective of this experience, and as a result, its effect in your life. Cherish it! Be grateful for it! You are now One with the Divine, in Love with Life, experiencing the Great\*Full\*Ness of All that IS. Blessed Be.