

Gratitude Is Not in the Words

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



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Consider this quote from Lufina Lorderaasch. "Gratitude is not in the words but in the heart, which expresses it." Gratitude is not in the words but in the heart, which expresses it. What meaning do you draw from these words? Gratitude is not in the words but in the heart, which expresses it. What meaning do you draw?

How does your heart express gratitude?

In what ways does your heart express gratitude?

How has gratefulness nurtured your love?

How has gratefulness nurtured your love?

What are the occasions in which others have responded to you with a heart of gratitude?

How have others expressed gratitude from their heart?

Remembering that gratitude is not in the words but in the heart, which expresses it. How have others expressed their gratitude from their heart?

How have you given to others with a heart of gratitude?

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And moving forward, how can gratefulness nurture your love in the future? How can gratefulness nurture your love even more? Expressed from the heart itself.

And may we cultivate the sense of gratitude and love. Remembering that gratitude is not in the words but in the heart, which expresses it.

