

# The Power of Gratitude for Sleep

## 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



## The Power of Gratitude for Sleep

One of the reasons why it can be so hard to fall asleep at night is because we often have these feelings of agitation or worry or planning. Have you noticed this? Sometimes we're laying in bed, ready to go to sleep, or we just can't stop thinking about something. Thoughts just keep coming in and out of the mind incessantly. Sometimes can have the same thought over and over and if we can't go to sleep, oftentimes there's this feeling of agitation that keeps increasing. One of the practices that we'd like to explore today is a practice of gratitude. A mindfulness practice of appreciating the things in our life or the things in our world that brings a sense of joy and happiness. This can help us to calm the body and the mind by focusing on that which is good or pleasurable that can help tell the body to relax, to soften, that for now for this evening, everything will be OK.

So, to start this practice, I would like to invite you to be in any posture you like and to bring forth a thought of something that you're grateful for. Something that you really truly appreciate. Maybe it's a person in your life. Maybe it was the weather today. Or a pet or an animal that you love. Maybe it's the fact that you're alive.

Bringing our awareness to those things that we're grateful for. The little things that we appreciate.

Perhaps you have soft sheets in your bed. Maybe you appreciate how quiet the room is where you are right now. Maybe you appreciate that you have this time for yourself. To relax, to wind down.

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### The Power of Gratitude for Sleep

To be able to find comfort in this moment with feelings of appreciation, warmth, safety, and feelings of ease in the body.

Appreciating each breath. Each inhale and exhale this breath that keeps us alive.

Relaxing the belly with each breath, each beautiful breath.

Feeling thankful for this moment of ease and comfort and safety.

As we breathe and relax the body, feeling comfortable in our body.

Feeling appreciation for this moment of ease and well-being.

Letting go of any tightness and just inviting a sense of warm appreciation of kind awareness of our breath and our body.

