

Appreciating the Little Things

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



Appreciating the Little Things Meditation

Hello and welcome to this meditation. Today we will be expressing gratitude for the little things in life. The day to day gifts that often go unnoticed. This medication is best listened to in your favorite indoor room.

Let's begin by calming the mind. As you sit or lie down, becoming as comfortable as possible, allow your mind to become more comfortable too. Close your eyes now and start to focus on your breathing, breathing a bit more deeply than you usually do and exhaling a bit more slowly. Observing the breath is a great way to bring the mind into a state of focus. Take your time breathing.

Shift your awareness from your breath back to your body now feeling the floor beneath you. Now, think about the room or the space that you are in. How does it feel to be here? What is this place like? Begin to take notice of the little things around you that you might take for granted as you go about your busy days. Think of this room as a shelter, a haven, keeping you safe from the outside elements, keeping you well protected and comfortable. Feel the air on your skin and notice what it feels like. Warm or cold, appreciate the temperature of the air that surrounds you.

Notice the sounds in this room now. Perhaps you hear a ticking clock. The hum of a fan or the murmur of voices you. May pause this recording or lower the volume if necessary as you observe. Rather than thinking of these sounds as noises or distractions, lend some appreciation to them.

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Think of each sound as an opportunity to explore your surroundings and become more mindful of all of the moving parts that exist here. Just listen. Be present. You may pause this recording or lower the volume if necessary.

Breathe deeply now and see what you can smell. Go deep uncovering scents that you may not realize exist here. Inhaling through the nose as you pick up on the subtle aromas. Perhaps you smell the wood of the floor beneath you or the walls around you. Or perhaps you can smell plants or soil or you may notice other scents drifting in through the window. Just breathe, explore, and appreciate this moment of mindfulness.

Now, begin to extend your awareness to outside of your immediate surroundings. Think about your entire home and everything within it. Bring to mind the things that you use every day to help your life run more smoothly. Alarm clocks, refrigerators, sinks, closets, clothes. See yourself going through a normal day but moving more slowly through it more mindfully. Taking your time getting dressed, washing up, eating, and working. Imagine taking the time each day to express gratitude for all of these modern conveniences. Try not to dwell on the haves and have nots. Simply appreciate every aspect of your daily experience. Continue to breathe deeply, setting an intention to move more mindfully throughout each day starting now. Extending your awareness even further now. Think of the world outside. Think of the blue sky above, the sun, the trees that offer you shade and the soil beneath your feet.

Think of the seasons. Autumn with its deep rich colors and crisp breeze. Picture the perfect winter day complete with a warm cup of tea or coffee and a comforting fireplace. Breathe in the dewy freshness of spring watching the flowers bloom as the sun returns to the earth. Think of the slow lazy days of summer soaking up the sunlight savoring the sweet ripe fruits and the cool refreshing drinks. Continue to express appreciation for the changing of the seasons and the gifts that each one brings.

It's easy to find gratitude for everything that runs smoothly in our lives, but how about the bumps in the road? We can be thankful for these little life lessons too. The spilled milk. The flat tire the endless grocery line. All of the little errands or minor annoyances that pepper our days. Every mishap offers us a chance to slow down. The chance to live in the present moment and focus our attention on the matters at hand. Imagine navigating these bumps in the road with grace and ease effortlessly going with the flow and keeping a cool calm head adopting a come what may attitude.

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Deep breath in pulling the air deeply into the body. And a slow letting go breath as you release all stress. Another deep inhale and slow exhale releasing expectation. Once again, slow breaths letting go of anything that prevents you from experiencing gratitude. Releasing all blocks letting them dissolve. Breathing in clarity. Breathing in relaxation. Engage with a peaceful steady rhythm of your breath as you continue to invite gratitude into this experience.

In the wise words of author G.K. Chesterton, "When it comes to life, the critical thing is whether you take things for granted or take them with gratitude." Let this sentiment sink in. "The critical thing is whether you take things for granted or take them with gratitude." Commit to turning all of your for granted into gratitude mindfully walking through your life and making an effort to notice more, feel more, and see more. Continue deep breathing deeply integrating this idea taking everything with gratitude.

Now, become aware of your body once again, feeling the floor beneath you, the air against your skin. Hearing the sounds around you. As you slowly allow your eyes to open taking everything in. This is your life. You are here. As you continue your day or night. remember to take everything with gratitude.

