

Curiosity Corner

Grow your awareness and open doors to an inspired life!

Gratitude Enriches Life

Time: 10 minutes or more... you choose!

Gratitude is a practice of intentionally opening our hearts to appreciate what is right here before us. As humans we have a negativity bias which has its genesis in fear. Those feelings are very sticky. When indulged, the negativity bias flattens our vitality and engagement with life. We can instead gladden our minds and gladden our hearts with the practice of gratitude. Ultimately it is a choice! Living with a gladdened mind and a gladdened heart requires consistent practice, which expands our capacity to be happy.

Practice: Embrace Gratitude in Real-Time

- Develop an ongoing experience of gratitude by noticing what brings you happiness throughout your day. What makes your feel good... makes you smile... makes you laugh?
- Pause and allow your feelings to arise. Linger here ... Savor!
- Now whisper to yourself (or out loud to others) what you are grateful for. This verbal expression rings through your body and creates a more full and rich experience.
- Stay with the happiness and gratitude and breathe with it for at least three breaths.