

Cultivate your Gratitude

Cultivating gratitude for what we are and have now paves the way for inner peace and joy, and is the field of manifestation for external peace and joy.

I call this harmony of the inner and outer hearts.

This is a life-long practice; whenever we fall into sorrow or ego or things feel off, start straight away to cultivate gratitude and all is well.



This gratitude practice has developed over time in our regular classes.
I offer it to you here to practise anytime, anywhere ...Under the shower?

10 breaths (2 minutes) is all you need, and a willingness to be in the moment...

...Gently close your eyes.

Find both feet pressing into Mother Earth, in *Tadasana*, mountain pose, or in seated.

Inhale up the whole length of the body, lifting heart and crown to the Sky.

Exhale smoothly a wave of relaxation down the body connecting with Earth.



Invite hands, palms together, into the heart space.

Keep little finger pads connected, thumb tips connected, slowly blossom open the three middle fingers, creating a flower...of your choice... in lotus (*padma*) *mudra*.

See, feel and smell your flower of choice. Drink it in.

The lotus flower symbolises enlightenment, as it grows from the dark, murky waters towards the light of the sun, surfacing into full bloom.

As we cultivate our gratitude we are growing towards the light of positive thoughts and actions, the seeds of joy and peace.

Say mentally and place three + things you are grateful for into this lotus cup of gratitude. As you do this, hear the words in your head, feel the meaning of the words in your *heartspace*.

Connect deeply to your breath as you smooth your palms over your heart expanding arms out to the side, as your gratitude moves into the whole of your body and around you via your heart space.

Pause, feel the effects of this intended gesture.

Open your eyes softly, taking your gratitude with you wherever your feet take you.

Om shanti Peace Om , love cate x