

“If the only prayer you ever say in your entire life is thank-you, it will be enough.” Meister Eckhart

The Attitude of Gratitude

by Nickolas Yu (2024)



Definition

“A felt sense of wonder, thankfulness and appreciation for life.” Robert Emmons

2 Elements

1. You recognize that something is *valuable* to you

2. Something *freely* given to you — gratis. Br. Steindl-Rast

Research Benefits of Gratitude

Health, Well-being, Social bonds, Stress, Depression, Anxiety.

Gratitude meditation & free resources

humankindmeditation.com



Gratitude meditation tips

Have an intention to make space for gratitude.

Notice and enjoy pleasant experiences.

Be open to the simple, subtle pleasures & joys of life.

Let gratitude be a gateway to joy.

When gratitude arises tune into all of your senses.

Let gratitude sink in by staying with the experience.

When gratitude begins to pass, let it go.

Find gratitude in the midst of the difficult.

When tricky states arise put these aside as best you can and place gratitude at the centre of attention.

Use imagination, memory, body to let gratitude arise.

Appreciate that gratitude is an aspect of love.

The circle of gratitude is incomplete without you.

Gratitude and joy are as important as kindness.

Appreciate that when we experience gratitude it has arisen due to a variety of people and factors.

Take wholesome and skillful action so that gratitude can more easily arise in your life.

The key is to move beyond grateful moments into ‘grateful living.’ ‘The great-fullness of living.’

Gratitude activities and interventions

Gratitude lists & www.

Reflect on your day or week and write down several things that you are grateful for or what went well (www).

Gratitude cards and letters

Write a card or letter to someone who you are grateful for. Tell that you are writing to thank them. Specifically describe what they did for you, and the impact this had.

Gratitude journalling

Keep a journal. Regularly reflect on things that you are grateful for. Notice themes. Look for different things.

Gratitude stories – witnessing others’ gratitude

Look for times when someone is being thanked by someone else. Allow yourself to be moved by this.

Being open to experiencing gratitude from others

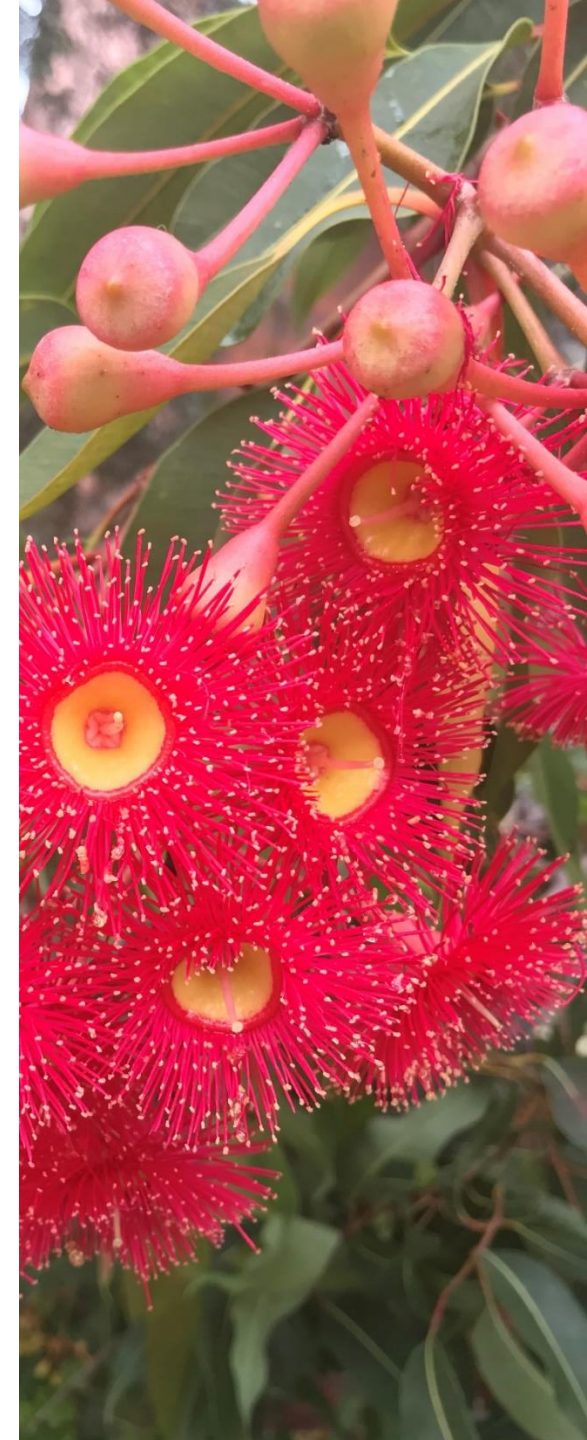
When someone thanks you try to accept this gracefully. Try saying ‘you are welcome’ instead of ‘no worries.’

Self-gratitude

Reflect on a few things that you feel grateful about yourself (eg positive actions or qualities).

Good beginnings & endings

Mark the beginning or end of an experience or event with a brief pause, a slow breath and a savouring moment.



Gratitude Tips

Start with an intention to make space for gratitude to arise.

Be open to and notice the simple, subtle pleasures & joys of life.

You can use imagination, memory, body to help gratitude arise.

When gratitude arises tune into all of your senses.

Let gratitude sink in by staying with the experience. Let it go when it begins to pass.

Find gratitude in the middle of the difficult. Light and shade co-exist.

When tricky states arise put these aside & put gratitude at the centre of attention.

The circle of gratitude is incomplete without you.

When gratitude arises it is due to a number of people and factors.

Take wholesome & skillful action so that gratitude can more easily arise in your life.

Appreciate that gratitude is an aspect of love. It's as important as kindness.

Go beyond grateful moments into 'grateful living.' Honour the 'great-fullness of living.'

References: Huxter (2016); Emmons (2016); Baraz & Alexander (2012); Hanson (2020); Feldman (2022).

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