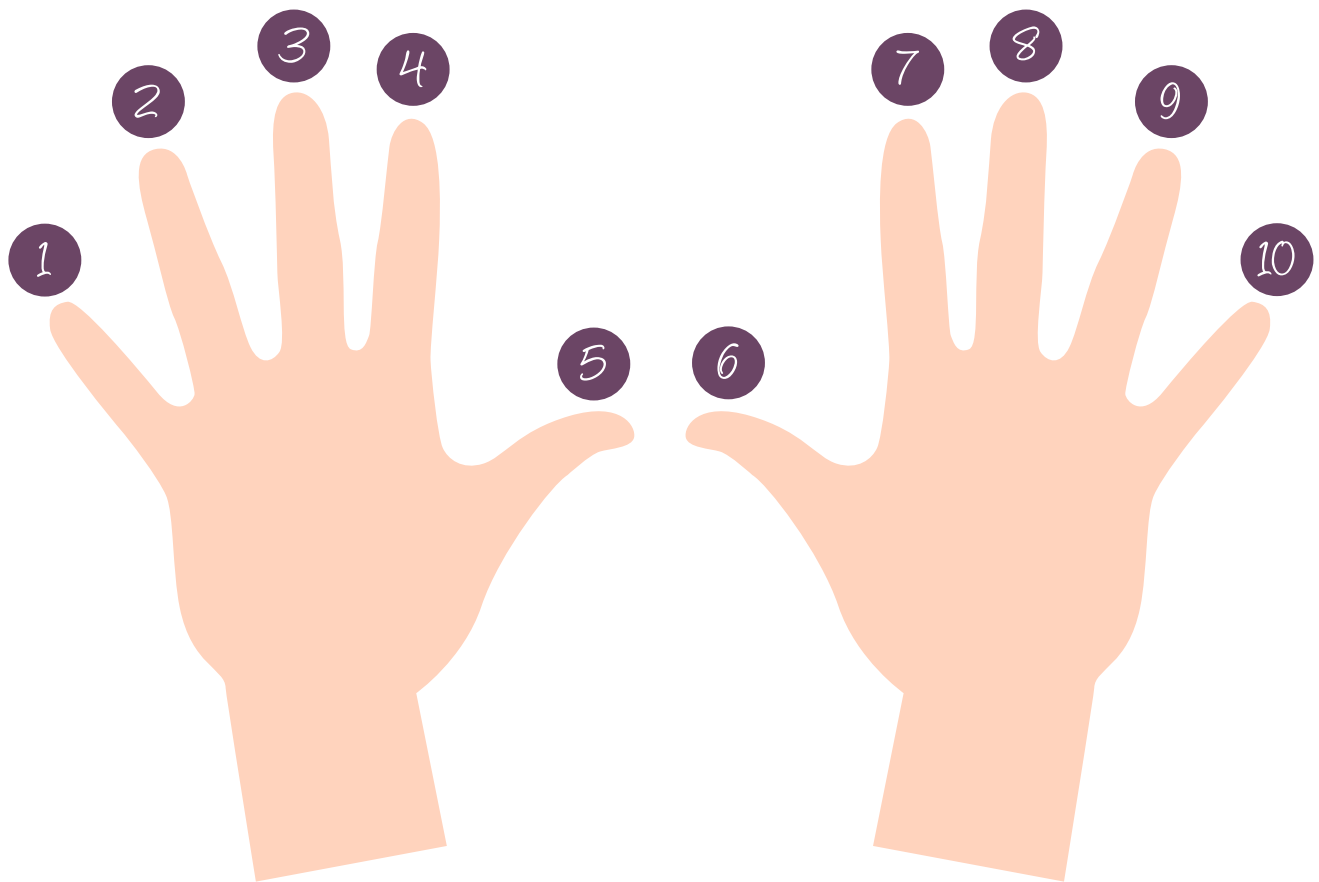


10 FINGER GRATITUDE PRACTICE

(taught to me by Jeffrey Kessler, Tai Chi Master)



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- 1 Set intention for this practice. Setting intention is for the purpose of creating a space for this ritual...you might light a candle, just get quiet, turn off the lights, bring yourself to the present moment, place your hand over your heart.
- 2 Then, close your eyes, close both of your fists.
- 3 Ask your heart what she is grateful for today. As she speaks to you, release one finger at a time, for one gratitude at a time...until all 10 fingers are released.
- 4 You might want to wiggle your fingers in the air, or wave your hands in the air to circulate and amplify the gratitude energy in your space.
- 5 Consider repeating as a ritual. Maybe daily. For sure any time you begin to observe negative thoughts and feelings coming in and / or comparing yourself to others. And anytime you notice you are using the language of "lack."

Gratitude is **medicine** to our nervous system.

Gratitude **supports us** living in the land of plenty.

Gratitude is an **energy of expansiveness**.

Gratitude **opens us** to the abundance already
present.