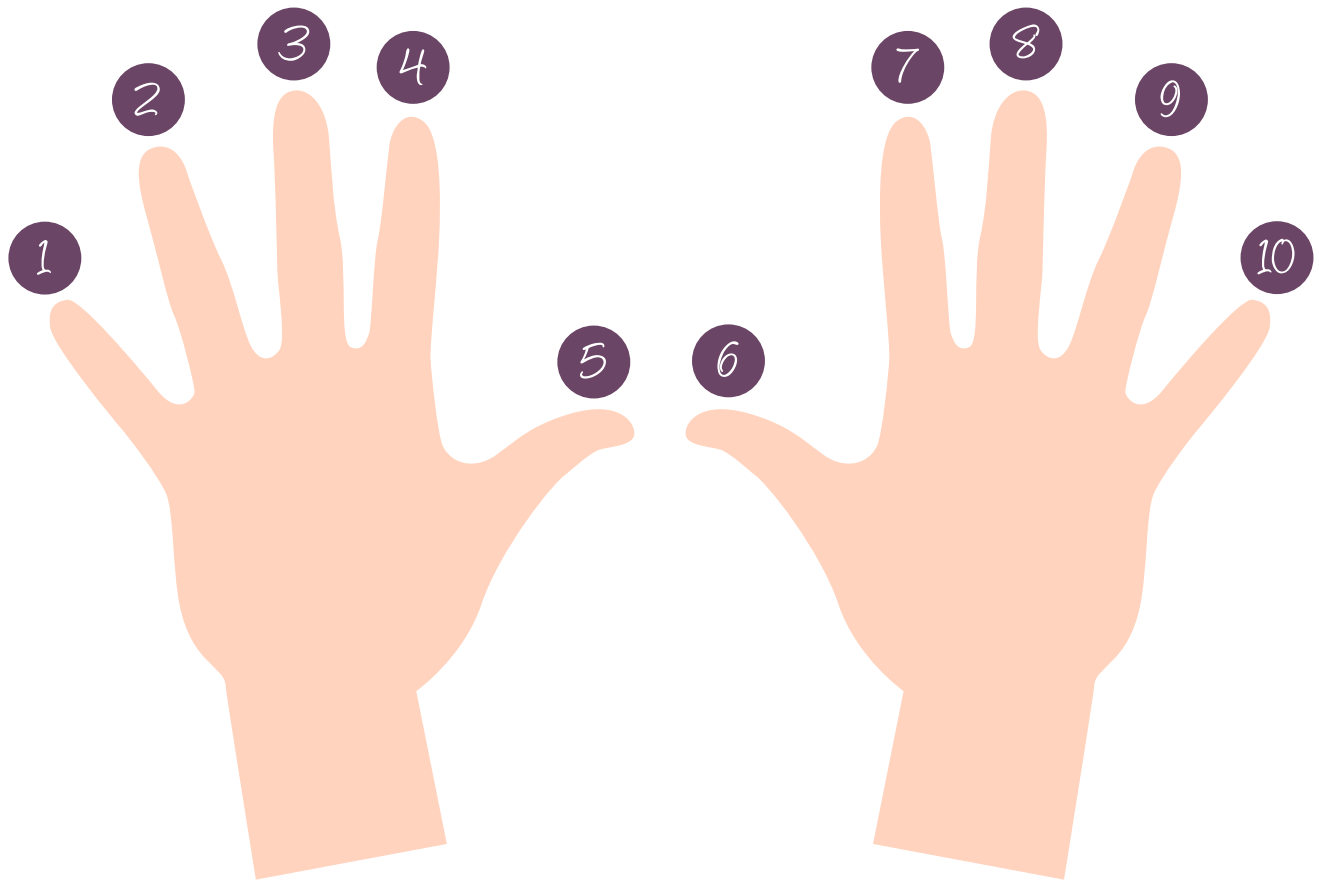


10 FINGER GRATITUDE PRACTICE

(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 in your heart for this ritual. You might light a candle, create an environment of quiet for yourself, and minimize all distractions. Notice your breath and allow your breath to bring you to the present moment. Notice your feet on the floor.
- 2 Then, close your eyes and close your hands into fists.
- 3 Ask your heart what it is grateful for today. As your heart speaks to you, sharing with you one appreciation, thankfulness, acknowledgement of goodness in your life, release one finger at a time, (one gratitude = 1 finger released) until all 10 fingers are released. Take about 20 seconds and allow your body to savor each of these gratitudes completely. Sometimes, the savoring can bring tears to one's eyes.
- 4 Open your eyes. Once all of your fingers are released, you might want to wiggle your fingers in the air, or wave your hands in the air to circulate and amplify the energy of gratitude in your space.
- 5 Consider repeating as a daily ritual. A daily practice of gratitude changes the neural pathways in our brain, so that we can begin to live our life, from “a glass half full” experience.

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.

#wtfpractice