Growing and Harvesting Gratitude

Growing Gratitude

- Choose a special vessel to hold your **gratitude garden**. (For example, if an actual garden pot does not appeal to you, you may select a bowl, a basket, or a treasure box instead.)
- Prepare an **intentional place** for your gratitude garden: for example, on your home altar, bedside your bed, or at the entrance to your home.
- At the end of the day, center in **presence**.
- Experience your **breath**, however it rises and falls.
- As you breathe, invite the **Spirit of Love** to fill you, to enfold you, and to flow through you.
- Feel your **heartbeat** in your chest.
- Let your **heart** guide your reflections on the day: What **memorable moments** evoke my felt sense of gratitude?
- Welcome **surprises**.
- **Write** each memorable moment on a slip of paper: "I am **grateful** for_____."
- Fold each slip of paper, inviting your **body** to continue integrating the experience, even beyond your conscious awareness.
- **Plant** your folded slips of paper in your gratitude garden by placing them in your special vessel.
- **Repeat** this practice daily.

Harvesting Gratitude

- When a month of memorable moments has passed, center in **presence**.
- Experience your **breath**, however it rises and falls.
- As you breathe, invite the **Spirit of Love** to fill you, to enfold you, and to flow through you.
- Feel your **heartbeat** in your chest.
- Let your **heart** guide you.
- **Harvest** gratitude by rereading each slip of folded paper planted in your garden.
- Notice **patterns** across your memorable moments, and **group** related gratitude slips.
- In your **journal**, write a reflection:
    - As I freshly experience my memorable moments, what do I **feel**?
    - Across my memorable moments, what **patterns** do I notice?
    - **Who/What** helps me to cultivate gratitude?
    - What is one **invitation** that I sense in this season of my life?
    - What is my **intention** now?
- **Return** your folded slips of paper to your gratitude garden to enrich future growth.
- Give **thanks** for your life and for all those who have made it possible for you to be here now.
- You are welcome to **plant** new memorable moments in your garden and to **continue** growing and harvesting gratitude in the months ahead.
- At the end of the year, let your **Word for the New Year** arise organically from your gratitude celebration.

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