

free soul



Gratitude Buddy Practices

Practicing gratitude with a buddy on a daily or at least a regular basis is a beautiful and powerful way to experience more gratitude in your life. Here are just 8 of the many gratitude practices I teach that are uplifting, expansive, healing, energizing, relationship building, generosity generating and fun! I suggest you make a commitment for the next three weeks to:

Pay attention, look for, and discover...

...the things, people, experiences, surprises, memories, life developments and situations you feel good about... AND make space to actually feel your feelings. Gratitude wears many costumes and has many names. You may feel lucky, blessed, fortunate, relieved, grateful, thankful, or appreciative... you may feel any of the other components: happy and joyful, creative, loved and loving, vulnerable or understanding... All of them are part of the beautiful kaleidoscope of gratitude.

Find a Gratitude Buddy and begin practicing together.

Simply pick one practice to share with each other every day.

The Gratitude Practices

1) Share all your gratitudes of the day.

Start with the most obvious and noticeable things you valued, appreciated, and were grateful for in the last 24 hours, and then look for the smaller and less significant things. Find as many as you can, to share with your gratitude buddy.

2) Share one particular moment of gratitude with all that accompanied this moment in detail.

When you notice something you are grateful for, also pay attention to the seemingly unimportant details you notice in your surrounding at that moment. Share those details as well as what you are grateful for with your buddy.

If you share from memory, perhaps there was something that drew your attention as you felt the gratitude, what was that? Do you remember the time of day, the smell in the air, some object you happened to notice in the room, or some feature of the landscape, a particular sound you heard, a certain color or piece of clothing someone was wearing, perhaps how the light fell into the room, or what food you ate just before or after this moment... ?

3) Share one of your gratitudes magnified through the seven layers

Pick something you are grateful for right now and use it to allow these seven qualities of gratitude to come alive. As you go through the questions, you may notice there are ones that open more easily, and you may also identify the ones that are more resistant. You can pay a little extra attention to those, in order to enhance them. After sharing each layer, pause and breathe into the emotion you are bringing your attention to.

1) Feeling thankful.

As you feel the thankfulness, take a deep breath in and let it fill your body!

2) Feeling joyful.

Really feel the happiness, and then sense how you can leap beyond happiness into joy. Imagine the sound this joy is making inside of you!

3) Feeling creative.

Sense your creativity bubbling up. What area of your life is calling forth this creativity? Make space for your new creative ideas, thoughts, images, or solutions, and perhaps even let that new awareness move you to action. What is it you are going to do?

4) Feeling loved and loving.

Feel that you are being loved.. by someone, by many people, by your soul family or higher self, by God and Goddess... breathe in the love, and sense how there is also more love you are ready to feel and give.

5) Feeling vulnerable.

How does this awareness of gratitude allow you to feel vulnerable... with others, with someone, or just with yourself? How might you bring that vulnerability to life?

6) Feeling understanding.

What understanding do you feel is growing? What or who is becoming easier to understand?

7) Surrendering your separateness.

What sense of separateness are you able to surrender now? In what way does connection, oneness or unity become more tangible for you right now?

8) CONCLUSION:

Hold the entirety of what you felt, sensed and saw... and breathe with it. Hold it like a beautiful kaleidoscope, and sense its beauty, aliveness, goodness and truth... bathe in it... and acknowledge that this is a part of the reality that you have created in your life.

4) Share a letter you wrote expressing your gratitude to someone in detail.

Pick someone specific you are grateful for, and write a letter. What did this person do, that made you grateful? What did they allow you to experience? What did they contribute to your being? Did they answer a question you had about life? Fill this letter to the top, be real in your emotions, hold nothing back. Be honest and vulnerable. Sign it. Read it to your buddy.

5) Share how you payed gratitude forward and made it possible for someone else to feel grateful.

Create an opportunity for someone to be grateful to you, without them having asked for your help or attention. Let yourself be guided by your love or caring for someone, or by a spontaneous inspiration. Share this experience with your buddy.

- It may be something you can say, or something you know or sense a person is longing or needing to hear. Something that would make them happy.
- It may simply be asking someone how they are, and if they need something.
- It may be something you can do for someone out of the blue.
- It may be something you can pay for as a gift... and it does not have to be a substantial amount.

6) Express your gratitude as a song, a dance or a movement together with your buddy.

Below are two gratitude songs as a suggestion. But there are of course many others, so you might want to find another favorite gratitude song, make up your own gratitude chant, or use dance or movement to your favorite music to express the fullness of your gratitude... Be creative and have fun!

<https://www.youtube.com/channel/UCF1aDCu2FU0TziV6razxXiQ>

<https://www.youtube.com/watch?v=OTGoMRvC04A>

7) Share how you expressed gratitude to a “nature being”.

(A tree, flower, plant, garden area, special nature spot, wild animal, rock, river or lake)

We so rarely stop to express the gratitude we feel for nature and the beauty of our earth to nature itself. Go ahead and try it out and express out loud what you love, appreciate and value directly to a “nature being”, letting them know how they affect you. Then share your experience with your buddy.

8) Share a gratitude about something you learned that impacted or changed your life.

Think about the teachers you valued and something one of them brought to you. Think about a lesson you learned unexpectedly. Think about the books that fell into your hands. Think about the lessons your drew from significant and perhaps even challenging experiences...

Share your gratitude for just one thing you learned that you found especially valuable and share how it came to you and was able to enter your life.