

7 Minutes of Gratitude with Jordan Scott

Welcome to this guided walking meditation. This series is brought to you by the team members of Estate of Health in partnership with the Town of Kingsville's Communities in Bloom. We thank you for practicing meditation today and we hope that you enjoy this practice.

As you walk the path ahead, perhaps there is room to soften the body just a little bit. Maybe you can release any tension from your jaw, your eyebrows or your forehead. Maybe you can relax the shoulders down and away from your ears a little. Just let the arms loosely sway as you walk.

Perhaps you can relax the space around your chest and upper back. Softening the area around your heart. Is there room to draw the breath into the belly space a little bit more. Maybe relaxing the muscles of the belly so it can fully expand on the breath and just let the legs find a nice natural rhythm as you walk. Not too fast, not too slow. A pace that feels easeful just right for you.

I want to invite you to bring to mind someone or something that you were absolutely grateful for. It could be your child, your pet, your partner. Maybe your favorite food. Maybe your warm bed. What is it for you? That brings the sensation of warm, love, gratitude. Whatever it is, call it to mind now and hold it in your mind's eye as you walk the Greenway path.

Notice how you feel around the center of your chest, your upper back. The sensation, the emotion associated with this gratitude, warming and expanding your love in this area. Perhaps you notice your shoulders softening a little bit more. Any excess energy shedding down to the feet back to the earth. Maybe you notice the corners of your mouth curling up just slightly.

In this practice of gratitude, we are allowing ourselves to engage with gratitude, allowing ourselves to be filled back up to receive all of the beautiful sensations and emotions and feelings associated with gratitude. Perhaps you can feel your energetic heart center expanding into the space around you.

Now bringing your awareness into your environment. Notice all the plants the trees and the animals around you. Notice the cool damp earth below you and the vast sky above you. I invite you to share this gratitude outward, offering it back to the world around you. The world of nature.

As you breathe in allow the sensation of gratitude to grow within you. As you breathe out, allow gratitude to flow freely from you. Move and breathe with your awareness anchored into gratitude and notice how your body responds. Notice how your energy responds.

Perhaps you can even notice the natural world responding around you as you walk with this beautiful exchange of gratitude. You are welcome to stay with this practice for as long as you

feel comfortable. When you are ready to close, I invite you to bring both hands over the heart center. Pressing your left palm onto your chest, your right palm on top of that hand. Take a slow deep breath in and hold it in for just a moment. When you're ready, sigh it out and release your meditation practice.

I thank you for practicing today. From my heart to yours. Namaste.