

## GRATITUDE AUDIO SCRIPT

*This script is for you to use if you want to record it in your own voice. Try replacing gratitude with any other emotion that you would like to create more of in your life.*

Okay – I want you to get comfortable, wherever you are. Just settle into your body and begin to focus on your breath. Allow your breathing to find its own relaxed pace. As you do this, you may wish to begin gently tapping on your fingertips or karate Chop point. Take a few moments to get into this rhythm. In your own time, either now or in a moment close your eyes.

### **20 seconds break**

Now, bring to mind all of the things that you are grateful for in your life right now. Let them flow unhurriedly through your mind. As you do this, begin to notice what gratitude feels like. Where do you feel the sensations arising in your body? Do the feelings have a colour or colours attached to them? Really get in to those feelings and notice where they flow to in your body.

As the feelings of gratitude flow, see if you can use your focus to increase the sensations. Double them and then double them again that's right, I wonder just how much gratitude it's possible for you to feel. Now, picture and feel that flow of gratitude looping back to its source point in your body and start that loop of sensations, colours and energy spinning faster and faster.

And as you notice just how great this gratitude feels, allow it to spin bigger and faster through your entire body, so that every single cell starts to resonate with that energy. Every cell in your body opening up to receive the energy and feelings of gratitude.

Bigger

Bolder

Brighter

And then, using the power of your heart, send those feelings of gratitude blasting out in every direction, out into the universe, filling it with the colours and emotion of gratitude. Just stay like this for as long as you wish until you have a really strong sensation of gratitude permeating throughout reality.

And when you're ready, just begin to wriggle your fingers and toes, notice your breath once again, open your eyes and bring yourself back to wherever you are.