



Joshua Wagner: Certified Hypnotherapist
Found of Inspiring Hypnosis

Meditation on Gratitude



Grounding: Sit or lie down in a comfortable position. Take a deep breath, exhaling slowly. Feel the connection between your body and the ground, acknowledging the present moment.

Heart Focus: Place a hand over your heart. Breathe deeply, feeling its rhythm, the symbol of your existence.

Memory Recall: Think of a recent moment you're grateful for. Relish in the details, the feelings, and sensations attached to that memory.

Nature's Gifts: Visualize the wonders of nature — the sun, moon, oceans, forests. Give thanks for their continuous, selfless presence and nourishment.

Personal Bonds: Bring to mind a loved one, someone who's touched your life. Send silent thanks for their existence and the moments shared.

Expansion: Feel gratitude for every part of your journey, even challenges. Envision this gratitude as a light expanding from your heart, illuminating your entire being.

Click the link for a Free One-on-one Session with Joshua Wagner: Certified Hypnotherapist
inspiringhypnosis.com