

# A Gentle Beginning: A Gratitude Practice

**Healing Earth Reiki**

*A calm, intentional space for mindful living*

---

## Welcome

Gratitude is not about pretending everything is perfect. It is about learning to notice what is steady, supportive, and meaningful — even in small ways — right where you are.

This short guide is a gentle introduction to a gratitude practice that feels grounding and sustainable. There is nothing to master and nothing to force. Simply begin.

---

## What Gratitude Really Is

Gratitude is not toxic positivity. It is not ignoring challenges. It is not pressure to feel happy.

Gratitude brings **awareness**.

It is the practice of noticing and sincerely thanking what supports you — physically, emotionally, and spiritually — in the present moment. It is important to **FEEL** gratitude not just going through the motions.

---

## Why Start a Gratitude Practice?

A consistent gratitude practice can:

- Gently shift attention away from stress and overwhelm
- Increase emotional resilience
- Support nervous system regulation
- Create space for clarity and calm
- Strengthen self-trust and presence

Even a few minutes a day can make a difference.

---

# The 3-Minute Gratitude Practice

This practice is designed to be simple and repeatable to help you begin your gratitude journey.

## Step 1: Pause (1 minute)

Sit comfortably. Take one slow breath in through your nose and release it through your mouth.

No need to change anything — just arrive.

## Step 2: Notice (1 minute)

Ask yourself gently:

- What feels supportive right now?
- What am I grateful for in this moment?

This could be:

- A warm drink
- A quiet room
- A pet nearby
- Your breath
- The fact that you showed up today

Small things counts.

## Step 3: Acknowledge (1 minute)

Silently or out loud, complete this sentence:

“Right now, I am grateful for \_\_\_\_\_.”

Let it be enough.

---

## When Gratitude Feels Hard

Some days, gratitude feels distant. On those days, try this instead:

- “I am grateful that I am still here.”
- “I am grateful for rest.”
- “I am grateful for one small moment of ease.”

There is no wrong answer.

---

## Making It a Gentle Habit

You might choose to practice gratitude:

- In the morning before checking your phone
- At night before sleep
- While holding a cup of tea or coffee
- While wearing a meaningful piece of jewelry

Let gratitude become a companion — not a chore.

---

## A Closing Intention

May this practice meet you where you are. May it support steadiness, awareness, and compassion for yourself.

You are allowed to move at your own pace.

---

Healing Earth Reiki  
[www.healingearthreiki.com](http://www.healingearthreiki.com)