

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.

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www.healingearthreiki.com