



Tapping Into Gratitude

A state of gratitude is available for us all the time. We don't need to go anywhere to find it, we only need to change our perception of what is already around us.

"There is no prescription for finding moments of gratitude in every day, there is simply the choice" Gillian Deacon

Have you noticed how you feel when you are thankful for something or someone? When you are present in that moment of gratitude you feel more open, more generous, more connected, more aware and alive. Gratitude is within you. Your experience of gratitude can be for yourself or for something or for your connection to a higher power, whatever that may be for you. When you activate gratitude by giving it your attention and intention you create a whole new energy flow. The energy of gratitude returns to you bringing unlimited goodness, something within you changes and everything around you changes.

Gratitude is more than an attitude or mood – it is a powerful positive input to your mind-body system that leads to increased physical and psychological wellbeing.

Grateful thoughts don't just stay in your mind, messenger molecules instantly transmit their effect to the body's 100 trillion cells, creating new brain cells and new pathways and brain patterns. The practice of gratitude has even been found to change our gene expression in a positive direction.

By directing our awareness toward gratitude, our entire mind-body system is automatically oriented toward greater health and balance. *EVERY GRATEFUL MOMENT MAKES ME HEALTHIER*

Sometimes when things are challenging we forget to find moments of gratitude in each day. Take some deep breaths and let's use this tapping to connect to the warmth, light and transformative power of gratitude within us.

KARATE CHOP POINT

Even though I don't always feel grateful, especially when things aren't going the way I want them to, that's OK I love and accept myself with compassion and I choose to notice and appreciate the things that DO go well each day. Even though it is hard to be grateful when I don't have some things that I really want I choose to be grateful for what I already have and love it for being there.

Even though I would love to feel more grateful, I often forget, that's OK, I forgive myself and love and accept myself with compassion.

TAPPING THROUGH THE POINTS

I don't always notice the good things in my life

Sometimes it is hard for me

Even if they're right in front of my eyes

It is hard for me to feel grateful

When things aren't going the way I want

I don't always realize how much I have to be grateful for

But I often seem to notice the things to complain about

Wouldn't it be nice if I recognized all the good things instead

There are plenty of things to be grateful for too

Maybe it's time to start looking at life with new eyes

With eyes that see and appreciate all the gifts that I have

And feel grateful for every one of them!

There are things all around me to be grateful for every day

I choose to open my eyes to them

I am grateful the sun is shining and the birds are singing

Those are real experiencing worth appreciating

I am grateful for the fresh delicious food I eat every day

I am grateful for everything my body does for me

My heart beats, my lungs breathe, my food digests

Without me even asking

That's a lot to be grateful for

DEEP BREATH

(Tap through the statements below or choose things that give YOU a feeling of gratitude in your body, it is about experiencing the feeling)

TAPPING THROUGH THE POINTS

I appreciate the strength in my body
I love my legs for carrying me around
I love how much I get to see with my eyes
I appreciate my ears and all I hear
I am grateful for my computer, how it connects me to the world
I am grateful for my bed, how soft it is
I am grateful for the warm shower I take every day

My friends and family are an incredible gift
I'm so happy to be seeing all the gifts in my life.
I feel so much better when I am grateful
It is fun to feel grateful
Feeling more and more grateful as I see the blessings in my life
So happy to face each day with a smile instead of a frown

Everyday I make a choice in my life
I'm choosing an attitude of gratitude.
I focus my awareness on positive changes
I am grateful for every experience in my life good or bad
Because it has shaped me into the person I am today.
And if I forget and find myself complaining
That's OK, I am grateful for noticing
I put my hand on my heart
I Take a deep breath
And love and accept myself with compassion
Just the way I am
This brings me right back to gratitude

DEEP BREATH

TAPPING THROUGH THE POINTS

As I put my attention on things I am grateful for
I create a whole new flow of energy
I love feeling grateful for my life
As I feel gratitude I feel open alive and generous
I am in flow with nature and the universe
I choose gratitude every day
I am grateful to be me
Every thankful moment makes me healthier and happier.
When I feel my life is blessed
My blessing multiply

DEEP BREATH