



# SHORT MEDITATIONS WITH DR. ARTUN

## 5 MINUTE GRATITUDE

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- Close your eyes and focus on your posture. Make yourself comfortable.
- Open your chest, release the tension on your shoulders.
- Let your breath flow naturally... Don't try to control... Inhale and exhale...
- Slowing down now, take 3 long deep breaths...
- Put both of your hands on your heart or imagine that you are doing it. Feel your heartbeat as you are breathing deep into your heart. Feel the blood, energy rushing circulating all over your body. An eternal source of beauty and strength covering your body.
- Feel grateful for your heart as you breathe into it.
- As you compassionately hold your heart think of something that you feel deeply thankful for. A person or an event. A moment at any age, any stage in your life that you can step in and live that right now. Be grateful for it. Feel the warmth of gratitude growing in your chest area.
- (one long breath)
- Think of a second moment that you feel deeply grateful for. What is that moment of appreciation if you check with your life, memories, and people in your life?
- Go to that moment as if you're there. See what you saw, feel what you felt and hear what you have heard back then.
- Be there, experience it.
- Breathe and feel the gratitude from the heart
- Think of a third moment now that you feel grateful for. Something little or big. Something that you think that you're lucky to have in that moment, that person, that situation.
- Was it a coincidence, or were you guided there?
- Breathe and feel the gratitude from the heart
- Now, I'd like you to pick something that you want to achieve or manifest in your life, tomorrow, this week, this month, this year
- Bring the desire for that moment to your heart. Imagine every aspect of it and be grateful for it as it is happening now.
- Feel it! Enjoy it!
- Breathe and feel the gratitude from the heart