

GRATITUDE MEDITATION FOR THE HOLIDAYS

By Dr. Cathy

**Try this meditation to raise your awareness
of all you have to be thankful for**

Sit. Back straight but not forced. Close your eyes.

Bring your attention and awareness onto someone who is important to you. See them smiling and just say "thank you".

Do the same for someone you love.

Now, do this for yourself. See yourself as though looking into a mirror. Feel a sense of unconditional forgiveness, love, and gratitude. Smile at yourself and say "thank you". Let the "little me" go. Open your heart and let universal love flow through you.

Make a habit to pause during your day as often as you want and let a feeling of gratitude flow through you for everything and everyone in your life.



ABSOLUTE HEALTH CHIROPRACTIC

95 CLIFTWOOD DRIVE NE ♦ SUITE C ♦ SANDY SPRINGS, GA 30328
404-257-0188 ♦ askdr Cathy@clear.net ♦ www.dr-cathy.com