

## Mediation 1: Gratitude

Davidji: Vedic

**Note:** Begin by reading the whole piece so you get a sense of how this will go. Then proceed section by section. You will use the same breath awareness throughout the entire meditation:

Close your eyes gently and start with a few gentle breaths in and out. (Pause) Take a long slow deep breath in through your nose and witness it move into your body, into your belly. Feel your belly fill. Now let's slowly release it. Feel it and observe it as it flows back out of your nostrils. Let's just breathe and witness here for a few moments.

The first section focuses on gratitude.

Gratitude: Gratitude for each breath, each word, each thought, each relationship, the connection we have with our body and mind; the connection we have with our sweet mother earth, the connection of this divine collective of sentient beings on this planet and the ability each of us has to transform our world by transforming ourselves.

Gratitude: Gratitude for the Winter Feast for the Soul as a powerful tool to connect us more deeply at the level of spirit, at the level of soul, at the most personal and the most universal levels.

Gratitude to you for showing up, for caring about your personal development, for opening your heart, for trusting in your very core, for trusting in the divine flow of the universe, in God, in this yoga, this union, this oneness. Gratitude, Deep gratitude.

Gratitude for the journey into the depths of your soul, into the furthest reaches of your existence. As the Sufi poet, Rumi, says:

A new moon teaches gradualness and deliberation  
And how one gives birth to oneself slowly.  
Patience with small details makes perfect a large work like the universe.  
What 9 months of attention does for an embryo  
40 early mornings alone will do for your gradually growing wholeness.

This has never been more true for us than in this moment because we have shown up here in the sacred womb of the Winter Feast to birth ourselves into the vast, abundant infinity of a new year.

Let's begin with gratitude. Sweet unconditional gratitude to help us open our hearts, our minds, our souls to the magnificence that allows us to spend our time in meditation. rather than fighting for food, struggling for warmth or scurrying for safety.

Now begins the meditation:

Let's get comfortable; let's relax. There are no rules here. So whatever position you want to sit in, lay in, or recline in, settle into it. The only requirement is that you show up. Let's tap into *metta*, sweet unconditional loving kindness, and awaken within ourselves the flow of love.

Close your eyes gently and start with a few gentle breaths in and out. (Pause) Take a long slow deep breath in through your nose and witness it move into your body, into your belly. Feel your belly fill. Now let's slowly release it. Feel it and observe it as it flows back out of your nostrils. Let's just breathe and witness here for a few moments. **Long pause (7 breaths)**

For the rest of this meditation, on each exhale you will be filling your heart with *metta*, sweet unconditional loving kindness bathing every cell in your body.

On each exhale, let that *metta* flow back into the world. Embody your breath. Don't direct it; just release it. Feel it fill you with each breath. Feel it empty from you as you exhale, like an accordion, flowing *metta*.

**Stop here and practice flowing metta for at least 7 breaths. If you wish, you can stop here and just use the rest of the meditation time you have set aside for yourself to breathe in this manner.**

If you wish to take this a little deeper, you may continue.

Place your hand on your heart and feel your heart reach up into your palm as you inhale. Now feel the *metta* flow within you and without you. **Do this for at least 7 breaths.**

For the next part, you will do the same breathing, with a different focus each time. I suggest focusing on forgiveness for 7 breaths. Then stop, read the section on compassion, and do that for 7 breaths. Then on to acceptance, patience, and love.

1. **Forgiveness, self-forgiveness.** Give yourself permission, in this moment, to let your regrets slip away. Your choices you view as mistakes, bathe them right now with sweet *metta*. And let this love be a salve for your sweet tender heart. Forgiveness. Breathe it in. Let it flow back out into the world. **(Long pause 7 breaths)**

2. **Compassion, self-compassion.** Empathy for yourself and rooting for your own suffering to end. Allowing yourself to be human and deserving of compassion. Allow compassion to fill every word, every thought, every deed. Compassion. Now breathe it in and let it flow back out into the world. **(Long pause 7 breaths)**

3. **Acceptance, self-acceptance.** Allow yourself to just be. Accepting decisions you wish you hadn't made, accepting every choice you have made. Accepting that this moment is perfect, every moment, no matter how you have judged it, from the moment you came out of the womb, has led you to this moment. Acceptance. Breathe it in and let it flow back out into the world. **(Long pause 7 breaths)**

4. **Patience.** Patience for what you receive and what you expect to receive. Patience for the next moment. Patience to let others finish their words before you interrupt. Patience for the miracles in your life to unfold at God's pace rather than your own. Patience. Breathe it in, and let it flow back out into the world. **(Long pause 7 breaths)**

5. **Love, self-love.** Breathe in and feel *metta* flow into your heart. Feel it fill, washing you with love for your body, love for your emotions, love for your feelings, love for your life, love for the way you flow through the world, love for your self. You are so deserving of love, so entitled to receive love. So worthy of love.

As the sufi poet Hafiz wrote,  
When all of your desires are distilled,  
You will have but 2 choices:  
to love more and to be happy.

So breathe that love in and let it flow back out into the world. **(Long pause 7 breaths)**

And now let's meditate in silence. At the end of the time you have set aside for meditation, read the metta moment and use it to take your practice into your life.

**Metta Moment.** And now we get to flow *metta* out into the world. Today. Just start today. Go a little easy on yourself. Be a little forgiving to yourself. Today. Just today. Have a little more self-compassion. Just today. Have a little more self-acceptance. When you find yourself having a pity party, feeling less than, beating yourself up, scolding yourself, or judging, regretting, just give yourself a hug, look in a mirror (if you can) and say *Namaste, I honor the light in you that's also in me.* And when you are in that divine space, and I'm in that divine space, we are one.

From the sweet spot in the universe, this is Davidji wishing you an amazing day. Feel the *metta*. I'll see you in the gap.