

Sit comfortably on a chair with your feet on the floor, back straight without contacting the chair, hands on your knees or cupped in your lap, eyes closed, and your tongue on the roof of your mouth. Let's take three deep breaths together. As you inhale now, you will notice your body begin to relax.

Exhale slowly, and notice your tension melting away.

Inhale again, slowly, and relax even more. Notice how you can remember other times when you felt pleasantly calm and alert.

And now, as you inhale deeply for the third time, your body and mind are ready to receive the benefits of this Gratitude.

As you exhale, slowly, you are relaxed and ready to begin.

Imagine you can sense the beating the Heart of the Earth vibrating deep within her center. Notice how you sense her beating Heart. Are there colors, sounds, vibrations, scents or tastes? Is there a texture or a symbol? What is the size or feeling or anything else you notice? Remember these sensations.

Now, imagine you can sense the beating the Heart of the Heavens vibrating deep within his center. Notice how you sense his beating Heart. Are there colors, sounds, vibrations, scents or tastes? Is there a texture or a symbol? What is the size or feeling or anything else you notice? Remember these sensations.

Return to the beating Heart of the Earth. As you focus on the Gates of Gratitude in the bottoms of both feet, you can sense her beating Heart entering your body at these points. Say "Thank You" three times silently, and notice the pleasant feelings as you focus and listen to these sounds.

Now focus on the Gates of Gratitude behind both knees. Say "Thank You" three times silently. Imagine you can sense the beating Heart of Earth at these two points and allow your body to respond. Listen to the sounds and go deeper within yourself.

As you change your focus to the Gate of Gratitude in the 1st chakra, say "Thank You" three times silently. You will sense the Heart of the Earth caressing your mind as you listen to these sounds.

As you move your focus to the 2nd chakra, say "Thank You" three times silently and you relax even more as you listen to the sounds.

Now move your awareness to the solar plexus, 3rd chakra, say "Thank You" three times silently. Notice, as you simply focus here, the energy from the Heart of the Earth, soothes your mind and body and you feel pleasantly relaxed as you listen to these sounds.

Place your attention on the Heart, 4th chakra, and say "Thank You" three times silently. The beating Heart of the Earth strengthens your heart as you listen to these sounds.

Move your awareness to the throat, 5th chakra, and say "Thank You" three times. You will notice you are in a state of deep relaxation as you listen to these sounds.

Move up to the 6th chakra, in the middle of your forehead, and say "Thank You" three times. As your attention focuses here, you will become deeply connected to your inner awareness as you listen to these sounds.

Change your attention to the top of your head, the 7th chakra, and say "Thank You" three times. You will sense

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Move up to the 6th chakra, in the middle of your forehead, and say “Thank You” three times. As your attention focuses here, you will become deeply connected to your inner awareness as you listen to these sounds.

Change your attention to the top of your head, the 7th chakra, and say “Thank You” three times. You will sense the Heart of the Earth in your entire body now as you listen to these sounds.

While keeping your focus on the top of your head, reconnect with the Heart of the Heavens. Sense his vibration. On the count of three, notice your crown chakra opening and energy goes all the way from the Heart of the Earth, up your entire body, out your head, and deep into the Heavens where it connects with Heaven’s heart.

One, two, and three. Feel the sensation going up your body, out your head, and connecting with the Heart of the Heavens now as you listen to these sounds.

Now notice that the energy from the Heavens is moving downwards. Focus this new sensation on the top of your head and say “Thank You” three times as you listen to these sounds.

Change your attention to the middle of your forehead and say “Thank You” three times and listen to these sounds.

Move your attention to your throat, say “Thank You” three times. As you listen to these sounds, you will notice the sensations of the beating Heart of the Heavens bringing you into a deeper state of relaxation.

Feel the energy in your Heart chakra now and say “Thank You” three times. While you listen to these sounds, you will notice how the energy brings you into an even deeper state of relaxation.

Now move your awareness to the solar plexus, 3rd chakra, say “Thank You” three times . Notice, as you simply focus here, the energy from the Heart of the Heavens, soothes your mind and body and you feel pleasantly relaxed as you listen to these sounds.

As you move your focus to the 2nd chakra, say “Thank You” three times silently and you relax even more as you listen to the sounds.

As you change your focus to the Gate of Gratitude in the 1st chakra, say “Thank You” three times. You will sense the Heart of the Heavens caressing your mind as you listen to these sounds.

Now focus on the Gates of Gratitude behind both knees. Say “Thank You” three times. Imagine you can sense the beating Heart of Heavens at these two points and allow your body to respond. Listen to the sounds and go deeper within yourself.

As you focus on the Gates of Gratitude in the bottoms of both feet, you can sense the beating Heart of the Heavens entering your body at these points. Say “Thank You” three times, and notice the pleasant feelings as you focus and listen to these sounds.

Now notice the energy from the Heart of the Heavens moving from deep within the Heavens, traveling through the top of your head and moving all the way down your body, out your feet, and connecting with the Heart of the Earth. Feel this now.

The connected Hearts of Heavens and Earth create a vibration. This is the vibration of Love and Light into which all things are made whole.

Feel this wholeness in the Gate of Gratitude in your heart, say, “Thank You” three times as you listen to these sounds and enter a deep state of inner awareness.

Focus on the Gates of Gratitude in both armpits. Say, “Thank You” three times as you listen to these sounds and enter a deep state of inner awareness.

Move your attention to the Gates of Gratitude on the insides of both elbows, say, “Thank You” three times as you listen to these sounds and enter a deep state of inner awareness.

Bring your attention to the Gates of Gratitude in the palms of both hands, say, “Thank You” three times as you listen to these sounds and become aware of the soothing sensations in your entire body.

Now, pick your hands up, face the palms towards each other about six or eight inches apart, and focus on the sensation of wholeness in your heart. Imagine the energy moving from your heart, out your right arm, coming into your left hand, up your arm and through your heart, out your right hand and back into your left creating a beautiful circle of Light.

Notice this circle moving faster and faster. When I count to three, allow the circle of Light to reverse and move in the opposite direction. (I will count to three while making sounds that will encourage the circle to move faster).

One, two and Three.

You may feel the energy becoming thicker and slowing down as the atomic particles collide as they move in the opposite direction.

Now notice the circle moving faster and faster, and on the count of three allow it to reverse again.

One, two, and three. Reverse the circle!

Feel the energy between your hands now. You can feel comforting sensations throughout your whole body as you listen to these sounds.

Place both hands on your heart and imagine the Heart of the Earth beating deep within her center. Now sense her beating heart floating up, up, up, and stopping right in front of you at your heart level. You can notice her vibration as you listen to these sounds.

Now imagine the Heart of the Heavens beating deep within his center. Sense his beating heart coming down, down, down, and becoming one with the Heart of the Earth.

The connected Hearts of Heaven and Earth create a vibration. This is the vibration of Love and Light into which all things are made whole. You can sense this wholeness as you listen to these sounds and silently say “Thank You” as many times as you desire.

As you feel this wholeness, notice there is an opening in the Hearts of Heaven and Earth directly in front of you. Through this opening comes a beam of Light entering your body through your heart. Feel this beam of Love and Light entering your heart as you say “Thank You” and listen to these sounds.

Now you can extend your hands forward, reaching into the opening, spreading it out allowing more energy to stream into your body. As you do this, reach into the Hearts of Heaven and Earth and bring even more energy into your body. Place your hands on a part of you that wants it now.

Do this again, reach forward into the Hearts of Heaven and Earth, spread the opening and gather more energy and place on a part of you that wants it now.

And for the last time, reach forward into the Hearts, gather more energy in your hands, and place both hands, one on top of the other, directly on your Heart and say “Thank You” as you listen to these sounds.

You can choose to continue your Gratitation and wait for the sounds on track 3, or finish with these instructions: on the count of three, you will open your eyes and be focused in your heart alive, alert and awake. Entering your heart alive--ONE. Entering your heart alert--TWO. And entering your heart awake--THREE!