

An Attitude of Gratitude

Name: _____ Date: _____

For this exercise, enter your sacred space. If you have not yet established a sacred space for yourself, find any natural spot outdoors that seems to call to you. This spot will be your sacred space for the purposes of this exercise. Ask the spot's permission before continuing. If you feel that you have been granted permission, then express your gratitude by making an offering of some sort. This offering can be food, or a libation, or a colored ribbon, or an act of nurturing like watering or pruning a plant or removing debris from the area. While engaging in this activity, remain open to nature's voice by performing a mindful breathing exercise or some other form of meditation. After you have made your offering, sit quietly in your sacred spot and observe for a few minutes. Write down your observations by answering the questions below.

Did nature grant you permission for this activity? If so, how did this permission manifest itself?

When you made your offering, how did you feel? Did your perceptions of the location change? How?

When you made your offering, did you notice any changes in your thinking? If so, what changes?

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If this is the first time you have ever established a nurturing relationship with nature by making an offering, did this act of gratitude change how you feel about yourself? In what ways?

If this is the not first time you have ever established a nurturing relationship with nature by making an offering, when did you first start the practice? How has the practice helped you to grow in your relationship with nature?

After you made your offering and began observing this sacred space, what did you notice?

How might the things you noticed or observed change how you feel about yourself?

Was anything you noticed nurturing to you? If so, how might it help you to live more fully in your True Self?
