DR. CARL CLARK: I’m Dr. Carl Clark. Thank you for joining me for a meditation. I started doing meditation about five years ago. I wish I had started sooner. I knew the benefits to well-being and health by doing meditation, and had a hard time finding time to actually do it. Now it’s a part of my usual routine where I get up, exercise, get cleaned up, and then I take time to do meditation.

It’s been a blessing, actually, to add this into my life. So in this difficult time, I think it’s time we take care of ourselves also, as we’re taking care of difficult things. So I’m going to do a guided meditation that is about gratitude. I’m grateful you’re here, and gratitude is one of those things that brings us positive emotions and contributes to our well-being.

So find a comfortable position to sit, and we’ll start by taking a few deep breaths. Take a deep breath in, and then out. In and out. And continue those deep breaths in and out. And let your eyes slowly drift close.

As you continue to breathe slowly and deeply, let your attention rest on your breath, feeling the movement as it enters and exits your body. Each time you exhale, let go of any tension. Relax your face. Relax your shoulders, your belly your legs.

On your next exhale, settle your attention to the area around your heart. Focus on the feeling of love, compassion, empathy, forgiveness. With the attention on your heart center, bring your mind to something or someone you are grateful for.

As you continue with your easy relaxed breathing, perhaps you feel gratitude for being alive or healthy. Perhaps you’re grateful for the abundance of nature that produces food to nourish your body and beautiful scenery to nourish your soul. Bring your attention to people who truly nourish you and your life and how they bless you with their presence.

Feel gratitude for your own life and the many gifts you have been blessed with. Now bring your attention to how this gratitude feels in the area around your heart. With each inhale, let this feeling grow outwards, expanding to fill your chest, your arms and hands, your legs and feet. With each inhale, this feeling grows, filling you up.

And now, even as you return your attention to your breath, let your body remember the sensations of your gratitude. Now gently open your eyes. Remember this feeling of gratitude. I’m grateful you’re here. Thank you.