

Live Well Be Well

"Getting Grounded in Gratitude"

Welcome to Live Well, Be Well! A podcast where we speak candidly about all things health and well-being! My name is Renee Dell'Acqua, and I'm a Health Educator in Health Promotion Services here at UC San Diego.

On this episode of Live Well Be Well, we honor National Gratitude Month by getting grounded in gratitude with a special meditation led by our very own Health Educator Christopher Spurling.

So we hope you get inspired, we hope you feel connected, and we hope you discover new ways to live your best life. Let's get started!

Hello. My name is Christopher Spurling. I am a Health Educator with UC San Diego: Health Promotion Services, and I am also a yoga teacher and mindfulness teacher. To begin, I want to welcome you and thank you for joining this guided meditation today. In fact, go ahead and thank *yourself* for clicking "play". Let's start this gratitude meditation right, by thanking ourselves for taking this time today. Feel free to pause if needed, and come back later. Feel free to simply listen to this meditation in the background, or feel free to follow along more closely. The next 10 minutes are about you and whatever you need, and these 10 minutes of relaxation are yours and yours alone. If you are in a comfortable and safe place, feel free to either keep your eyes open or gently let gravity bring your eyelids down. Take a few breaths here. (PAUSE). Take a few more... no need to adjust or change your breathing... no need to take deep or long inhales... simply breathe like you normally do. (PAUSE). Keep breathing at your own comfortable place. (PAUSE) You have nowhere to go... nowhere to be. (PAUSE) The to-do lists, the schedules, the work... these aren't going anywhere... and you have plenty of time to accomplish your goals. Here... for

just these 10 minutes... you can focus inward, on what you, as a person, needs. (PAUSE). Notice how your body feels right now, while you are breathing... steady. Lungs. Beautiful lungs... bringing much-needed oxygen into our bodies... These lungs... part of the intricate set of organs and moving parts that make you "you". Lungs... bringing revitalization to your blood. This life-giving blood, carried throughout our bodies by a heart. This great, beating drum, marching along to its own rhythm. The brain also receives some benefit from this oxygen harvest, so that we can think... feel... make choices... have faith... especially when that faith is faith-in-ourselves. Notice the tranquility... the grace... the love present in each breath. We do not even have to *think* about breathing... we just breathe. We do not *choose* to pump our hearts, yet it keeps beating. (PAUSE) Continue breathing... that natural breath... as it comes, so it goes... a continual cycle of peace. Enjoy a few more peaceful breathes.... each inhale... peace. Each exhale... peace. (PAUSE) This moment is always available to you. You... your body... your breathing, all performing in harmony with each other. This moment is with you in every moment, you just have to touch it, to love it, and to love yourself. (PAUSE). I often ask my students, "Have you smiled today?" "Have you laughed today?" (CHUCKLE) People often think that meditation is a somber or sedentary practice. This is not the case at all. Each breath is a chance to smile. Each inhale... an opportunity for joy... for happiness. Each exhale... an opportunity to love... to be compassionate. (PAUSE) This great peace is always within us. (PAUSE) Smile... smile to yourself! Your very presence is an act of self-love. (PAUSE) How many breaths have you taken today? This week? This month? In all of your life? (PAUSE) I am thankful for each breath. I am thankful for your breath. I am thankful for my heart beat. I am thankful for your heartbeat. (PAUSE) I am grateful for each breath. I am grateful for your breath. I am grateful for my heart beat. I am grateful for your heartbeat. (PAUSE) No matter how busy or stressful your day becomes... you can always come back to this place, this thriving garden of peace within you... within each of us. (PAUSE) This

moment... is a wonderful moment... and I want to thank you for really "being" here with me. (PAUSE) I hope you smile and laugh often, especially to yourself. Thank you for taking the time to thank yourself. Until next time... goodbye.

So that concludes this episode of Live Well, Be Well! If you liked what you heard and would like to learn more about health and well-being, there's much more to come.

Be sure to check out our website healthpromotionservices.ucsd.edu and also follow us on Instagram and Facebook under @UCSDHPS. Stay tuned for our next episode of Live Well, Be Well.

Until next time, be kind, be true, be you. And remember, to be well is to live well.