

THE GRATITUDE EXERCISE

**To help strengthen the bond between pet and guardian,
and bring peace and well being to both**

So many times in life it is only when something is threatened that we appreciate it to its full extent – only when we are ill do we appreciate the full glory of good health, only when a friendship or a loved one is jeopardised do we fully realise how important they are to us.

That this is so is perhaps due to the speed at which we are caused to live life in this twenty-first century, when so much demands our attention and the quieter, simpler aspects of life often have to yield to the needs of economics and to coping with the plethora of daily tasks that face us all.

And yet within this, there are things we can do to make conscious and mindful notation of the glory of life and the simple value of love. One such attempt is the Gratitude Exercise, in this example specifically to do with the bond between a person and their pet.



The Gratitude Exercise can be carried out where and when it feels right and comfortable to do so, whether that be sitting in the sun, by the fire or on a couch together – wherever you both feel relaxed and safe. The main thing is that it is in a quiet environment with no interruption, when you can feel free to speak aloud and where your pet is quietly sitting with you.

Start by simply calling over out aloud the many good qualities of your pet, and the great times you have shared together. This can be in the way of a storyline of your association, or in whatever way suits your situation and relationship. Speak of the many good things that have been shared between you, the value and love which you hold for your companion, their importance in your life, and how much you cherish them.

Bring in particular memories or stories if you feel moved to do so, and try to feel free enough to laugh or to cry as you need to. Thank your pet for what they have offered to you in these times, and feel and share with them how much you love them and the gratitude you hold for all that they offer and give to you.

Take the time this needs, whether this be ten minutes or an hour – each relationship and situation is unique. Once you have finished allow yourself to be fully with the sense of love and gratitude, and imagine it filling up you, your pet and the place where you are.

This exercise can be done as often as feels necessary and beneficial, perhaps broken up into several smaller sessions or repeated at regular intervals, depending on what feels right for your own situation. It can be done at any time, although it may be needed particularly when the pet is ill, to help healing and to promote well being.



Regarding love and gratitude

In the late 1990s Dr Masaru Emoto discovered that crystals formed in frozen water reveal changes when specific, concentrated thoughts are directed toward them. He found that water from clear springs and water that has been exposed to loving words shows brilliant, complex and colourful snowflake patterns. In contrast, polluted water or water exposed to negative thoughts forms incomplete, asymmetrical patterns with dull colours.



If this is the power that love and gratitude have on water cells, what effect do these qualities have on human and animal bodies, made up of perhaps 70% water?

Little wonder then that we feel better when in the company of those whom we love, and when others express to us the love and gratitude they feel for us.

A water crystal exposed to love and gratitude

