

# Awakening Joy

## Lesson Plan for Step 3: Gratitude

7:00 pm Welcome, Lighting of Candle (Volunteer)

7:05 pm James Baraz guided meditation instructions on Gratitude, titled "Feeling Gratitude"

From: *Awakening Joy: 10 Steps That Will Put You On The Road to Real Happiness*, James Baraz and Shoshana Alexander, Random House, 2010 (Hardcover) pg. 63; *Awakening Joy: 10 Steps to Happiness*, James Baraz and Shoshana Alexander, Parallax Press, 2012 (Paperback), pg 63.

7:10 pm Getting to know each other. What is important for you as a participant in a group? Establish common agreements for how we wish to be together.

7:15 pm Ask each participant:  
What has been happening in your Awakening Joy journey so far?

The following examples from James Baraz's Practice Letter were mentioned to prompt participants' responses:

- Notice moments of well-being, contentedness, feeling ok, not feeling miserable?
- Quiet periods, meditation, sitting with tea?
- Exercise, healthy movement?
- Singing or creative expression?
- Intention: Experimenting with inclining the mind towards

joy?

7:30 pm Exercise on Complaining and Feeling Gratitude from James Baraz Instructions:

Pair up with shortest hair person talking first and partner giving full, silent attention.

For 90 seconds Partner A complains about one or more things or people in his/her life.

Both Partner A and B then pause and rate on a scale of 1 to

10, their mind, body and emotional states.

Reverse roles.

For 90 seconds Partner A talks about one or more people or things she/he is grateful for.

Both Partner A and B then pause and rate on a scale of 1 to 10, their mind, body and emotional states.

Partners discuss exercise and then discuss as a group

7:40 pm

Exercise on Deepening Gratitude:

Meet with a new partner in the group

For 5 minutes each, relate in more detail something you feel gratitude for

Use your senses – seeing, hearing, smelling, touching, tasting, sensing

Partners can ask the speaker questions to invite more details

7:50 pm

Share in the Large Group

What are you noticing? What did you experience?

8:00 pm

Stretch/washroom break

8:10 pm

Guided Meditation – Patricia Ellsberg's meditation

8:20 pm

Write a Gratitude Letter or list all things you are grateful for

8:35 pm

Brock shared a personal story about Gratitude

8:45 pm

Homework. Candle lighter next month? Next meeting dates.

8:50 pm

Singing

8:58 pm

Closing - candle extinguishing– read a quote

9:00 pm

End

