



WE ARE THE GREAT TURNING

Episode 3: We Begin with Gratitude

Check out the [toolkit page](#) for an in-depth guide to bringing the wisdom of this episode deeper into your life: learn more about the *Work That Reconnects*, host discussions about the episodes, and start a podcast club.

Gratitude resources:

- **BOOK:** [Braiding Sweetgrass - Robin Wall Kimmerer](#)
- **BOOK:** [Devotions - Mary Oliver](#)
- **POEM:** ["A Small Needful Fact" - Ross Gay](#)

Prompts and practices to take this episode deeper into your life:

- **PRACTICE:** Listen to the accompanying [bonus episode: Lovingkindness Meditation](#)
- **PRACTICE:** [Mirror Walk](#) (takes 40 minutes)
- **PRACTICE:** [Gratitude Rounds](#) (takes 30-40 minutes)
- **PRACTICE:** [Open Sentences on Gratitude](#) (takes 30 minutes)
- **PROMPT:** At the beginning of the episode, Jess wanted to run away from the conversation about Joanna's worries about the future. Can you relate to this? What are your biggest strategies for "running away"? (Distraction? Disconnection? Avoidance? Ignorance?)
- **PROMPT:** What are you grateful for about being alive on Earth today? (get as specific as possible!) What helps you remember and feel this gratitude? When you forget your gratitude at any given moment, what are you usually focusing on instead? (Worries? Doubts? Fears?)



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Bonus episode:

- [Lovingkindness Meditation Transcript](#): The original transcript for this meditation, from the facilitators guide for the Work That Reconnects, *Coming Back to Life*.

Are there resources you'd like to see on this page that aren't here yet? Email us at GreatTurning@SoundsTrue.com.