



What is precious?

A teaching from Robert Gonzales

A. What is precious *in* you in your gratitude?

When we experience gratitude, we feel grateful for an outer event or action. When we celebrate, there is a fulfilled need or value and the accompanying inner experience.

1. Name something in the outer world (an event, something someone did, something you observed) that you are grateful for.
2. Name what you are feeling emotionally, your body energy, and the value or need fulfilled.
3. Feel/experience the precious longing or quality (need) that is awakened *in* you. Feel it, dwell in it.
5. Encompass, hold **both the inner experience and the outer experience together**.

B. What is precious *in* you in your grief/mourning?

In mourning, there is a loss (an unfulfilled need/value) and the inner experience that is linked to it. What accompanies grief is a deep feeling of sadness, disheartenment, or some similar vulnerable feeling of sweet pain.

1. Name something in the outer world (an event, something that someone did or said) that was not in harmony with what you value/need.
2. Name what you are feeling emotionally, your body energy, and the value/need that was not fulfilled.
3. Feel/experience the pain, disheartenment, sadness, etc. that resonates in this experience.
4. Allow the full feeling of mourning in sadness to come to you.
5. In this experience of loss, what are you longing for?
6. What is precious in your longing? What is the precious need/value?
7. Enter into the full feeling and dwell in the fullness of **what is precious in you and absent in the experience of the outer event**.