



# Naikan: Gratitude, Grace, and the Japanese Art of Self-Reflection

*Gregg Krech*

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Drawing on Eastern tradition, Naikan ("nye-kahn") is a structured method for intensely meditating on our lives, our interconnections, our missteps. Through Naikan we develop a natural and profound sense of gratitude for blessings bestowed on us by others, blessings that were always there but went unnoticed. This collection of introductory essays, parables, and inspirations explains what Naikan is and how it can be applied to life and celebrations throughout the year.

**Gregg Krech** is Executive Director of the ToDo Institute, a Naikan education and retreat center near Middlebury, Vermont.

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