Experience Institute

A SLOW HOLIDAY TOAST

November 2026

Before you begin, ask everyone to fill a glass. Let them know that you will read a series of short sentences and then invite them to take a collective, deep breath or pause after each one. After the last deep breath, we'll raise our glasses.

To the people who have loved us,
May we reciprocate and share their love.

[Deep Breath]

To the experiences that have shaped us,
May we remember their lessons.

[Deep Breath]

To those whose land we stand upon,
May we honor their story and their ancestors.

[Deep Breath]

To those who raised us,
May we continue their generosity.

[Deep Breath]

To the teachers who've taught us,
May we heed their advice.

[Deep Breath]

To those who aren't able to share this moment with us,
May they have peace and we share more freely in their names.

[Deep Breath]

To the parts of ourselves that crave connection,
May we feel satisfied and help to fill others.

[Deep Breath]

And to the days and moments ahead,
May our gratitude ever increase.

[Deep Breath]



Then raise & clink your glasses — add a loud cheer,
a squeeze of hands, a moment to embrace and greet,
or anything else that feels right.