



Try this
meditation practice:
Celebratory Love.

Find a location
where you can sit
undisturbed;
place your feet
flat on the floor,
and adjust your position
and posture,
until your body
feels both alert
and open.

Lengthen your spine,
as if it were an antenna.

Lift your heart
as if you were
offering it up
as a gift.

Again,
you will hear
my voice
followed by periods
of silence;
in the silence,
continue to offer
your good wishes.

We will begin
and end this practice
with the sounds
of a chime.

Take a few
slow,
deep breaths,



bringing your awareness
to each
as it rises
and falls.

Set an intention
for this session;
perhaps it's to
reduce envy,
or learn to
celebrate
the success of others.

Good events,
large and small,
are abundant
in other people's lives.

All you need
to do
is awaken to them.

Throughout this session,
bring your awareness
to your heart region;
notice how your practice
affects your body,
even your face.

Know that the
sentiments
and sensations
you create
are more important
than the words
themselves.

Visualize someone
who is experiencing
good fortune.



It could be a
big event,
like a
healthy newborn,
or a promotion at work,
or small,
like enjoying a run
or a sense of ease
as the day unfolds.

Absorb the scope
of this person's
good fortune;
all events,
good and bad
fade with time,
and all people
yearn
to be happy.

Right now,
for this person,
that universal wish
is coming true.

Silently repeat
this classic wish
for this person
from your heart.

May your happiness
and good fortune
continue.

May your happiness
and good fortune
continue.

Repeat
this ancient wish



over and again;
with each breath
you take,
let it infuse,
and soften your heart
and your face.

Visualize yourself
supporting this person,
celebrating this
new,
good fortune;
coaxing
his or her
happiness
to linger,
just a bit longer.

May your good fortune
continue.

As your practice
deepens,
find out new ways
to soften
and expand
your heart's capacity.

Consider the good fortunes
of people
you don't even know.

May your happiness
continue.

Though you can't make
good fortune
last forever,
you can
condition your heart



to appreciate
other people's blessings
and open to them.

As you end this meditation,
know that you can
lovingly celebrate
with others
anytime you wish.