

Cultivating Joy

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

☐ Thoughts? ☐ Heart? ☐ Body? ☐ None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



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Sit comfortably in a quiet place with your spine up tall

Relax your shoulders, your belly and your thighs

Shift back slightly so your head and your shoulders sit directly over your hips

Close your eyes and feel into the connection between your hips, or your legs, and the earth

As you breathe gently in and out through your nose

Allow yourself to get further settled into your seat

With this rooting down, notice the energy you receive back from the earth

Feel how your connection to the support underneath you helps you feel tall, awake, and alive

Remain connected to the body and the breath, aware of body and breath

Feel how the body seemingly breathes itself

Notice into the wonder of the rise and fall of your chest

The wonder of the continual movement of breath

Soften into a deep feeling of gratitude for the body itself and your breath

Sense your heart opening to the miracle that is your body

Recognize all the wonderful ways in which it functions

And all the amazing ways in which it allows you to connect with your world

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Feel your heart open to the miracle that is your breath
Conjure up a heartfelt gratitude as you delve into present moment awareness

(pause 3 breaths)

Recognize how precious and how extraordinary your breath and your body are
Feel your body softening, and opening into this awareness
Feel all tension release from your forehead, your shoulders, your belly, and your thighs
And then intentionally, ever so slightly, turn up the corners of your mouth

Notice how the body reacts to this subtle smile
And turn toward that sensation

(pause 3 breaths)

Label that sensation as happiness, as joy, or as bliss
And sit with it
Hold your subtle inner smile, and explore
Notice what arises

(pause 3 breaths)

Notice too, that this sensation of joy is available to you
Right here, right now
Doing something as simple as sitting still, watching and noticing

Right here and right now,
The more you can be present
The more you can free yourself from thinking about what comes next
The more you can free yourself from ruminating on what has already happened
The more you are available to notice this joy

(pause 3 breaths)

Notice that joy doesn't so much arise,
But joy is revealed.
Joy is most available to you when you are available to be nowhere other than right here, right now

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Rest your whole body in this state of joy
And identify with this bliss
As who you really are

(pause 3 breaths)

This happiness, this joy, this bliss,
Is what remains when you drop all your superficial thinking, and doing
It's what remains when you're nowhere other than present, right here

This joy is you.

It is your natural state

Recall this sensation
And remember, that this joy, as you, is available to you at any time.

Anytime you'd like to come back to this feeling
All you need to do is stop what you're doing and notice

So right here, acknowledge the ease, the spaciousness
Acknowledge the gratitude and awe
Acknowledge your inner smile, and the sensation of joy

Get to know joy in this moment
And make a promise to remember joy,
To turn towards joy,
And to notice who it is that you truly are
Even as you return to your day.

