

Meditation Script - Cultivating Joy

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

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

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.