

Intention to be Happy

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



Caring for Yourself

The practice of metta, or loving-kindness, can help you respond to your own mind with friendliness.

Unfortunately, our thoughts don't always do what we want them to, and the body may have discomfort.

Loving-kindness meditation encourages us to meet those experiences with a caring and gentle heart.

This helps us see more clearly in our practice and daily life.

In loving-kindness practice, you are not inviting in something from outside yourself;

you are tuning in to the capacity for care and love that is already present in your heart.

Sit in a comfortable posture and gently allow the eyes to close.

From the beginning, try to bring kindness to the practice.

Think of the body with friendliness.

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Listen to it and see if you can move to get more comfortable.

You don't want to fall asleep, but you can allow yourself to be more at ease during this exercise.

Begin by recognizing your own desire to be happy.

Don't dig into stories about what might make you happy.

Find this natural wish for ease and comfort for yourself.

Try saying to yourself, "Yes, I want to be happy."

With this intention in mind, begin offering yourself phrases of lovingkindness.

As you offer the phrases in your head, say them slowly.

Connect with the intention behind the words, even if you don't feel them entirely in this moment.

Use these phrases:

May I be happy.

May I be healthy.

May I be safe.

May I be at ease.

Find a rhythm with the phrases.

You may try offering one phrase with each exhale or with every other exhale.

As you offer the phrases, use them as the object of your concentration.

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Rest your awareness fully on the phrases and the deeper intention.

When the mind wanders, come back to the phrases in your head.

Notice any feelings or thoughts of self-judgment or resistance to self-care.

Stay with the phrases for as long as you feel comfortable.

