

Mental Subtractions of Positive Events

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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Let's begin by finding a posture that feels both relaxed and alert. Softening around any tension or tightness in the body. Relaxing the belly and allowing your belly to rise and fall with each breath. Dropping your shoulders. Loosening your jaw. And softening the muscles of the face and around the eyes. You can close your eyes or look downward just to limit visual distractions.

And bring to mind a very positive event in your life. Something you feel very happy about in your life. Maybe it's a educational or a career achievement. The birth of a child. Meeting a dear friend or mentor. Or maybe it's a pet or a special trip that took. Now, think back to the time of this event and the circumstances that made this possible to begin with.

Everything that happened to bring this to life. Or that made the circumstance or situation possible. What were all of the factors involved?

Now, see if you can consider the ways in which this event may never have happened in the first place. For example, if you hadn't have happened to have learned about a certain job that was opening at the right moment or walking down the street at that specific time or making a decision to do something that might have felt irrelevant or uncertain or inconsequential at the time. But considering that this event may never have happened at all.

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Imagining all of the possible events and decisions that could have gone differently and prevented this event from occurring. All the possible situations, circumstances, choices that may have been large or small that could have gone differently and prevented this beautiful thing in your life from entering your life in the first place.

And imagine what your life would be like now if you hadn't enjoyed the positive event and all of the fruits that have flowed from it. Just imagining how your life might be different without this positive event and your life.

Now, shifting your focus to remind yourself that this event actually did happen. Taking in all the benefits that has brought you. All of the beautiful moments or feelings.

All of the blessings in your life that have come from this event.

Now that you've considered how things might have turned out differently, just appreciating that these benefits were not inevitable in your life. That it could have been very different. So, appreciating all of the good that has come from that event. Allowing yourself to feel grateful that things happened as they did.

