

# Reduce Envy and Celebrate Others

## 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



### Celebratory Love

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.

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### Celebratory Love

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.

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### Celebratory Love

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;

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### Celebratory Love

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,

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### Celebratory Love

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

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### Celebratory Love

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

