

# Daily Practices for Love and Happiness

## 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



### Practices for Love and Happiness

Each day it can be very helpful to remember that we as humans all want the same thing. We all want to be happy. Everyone we meet and everyone we know wants to be happy.

Everyone wants to be loved. There is no one who does not want love. Deep down, we all want to be loved.

And deep down, we all want to feel connected. To feel connected with each other, with our community, and with all beings. We all want the same thing; To be happy, to be loved, and to feel connected.

Also, helpful each day to cherish yourself and others. To appreciate yourself. And to appreciate others.

We can do this by noticing any judgments that we have of ourselves. Criticisms or condemnations of ourselves. And seeing if we can soften those judgements or simply let them go.

Noticing any judgments that we have of others. Sharp criticisms. Condemnation. And seeing if we can soften those judgments.

Breathing in, cherishing yourself. Breathing out, cherishing others. Breathing in, cherishing yourself. Breathing out, cherishing others. Breathing in, cherishing yourself. Breathing out, cherishing others.

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### Practices for Love and Happiness

And during the day, extending that attitude to everyone you meet. We are all the same. We all want the same things. To feel happiness. To feel love. To feel connected. Extending this attitude. I cherish you. I appreciate you.

And I cherish myself as well. I appreciate myself also.

Returning over and over to the sense of appreciation. Cherishing with each breath and feeling grateful every day.

