

Heartfulness Script

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Today we are going to experiment with heartfulness, purposefully having kind thoughts, or wishing happiness for yourself or others. In some sense, this exercise makes us into happiness generators. Whether we are wishing happiness for ourselves or for a stranger, it is our own internal experience of happiness and kindness that ripples out to effect those around us. The basic instructions for this exercise are simple but powerful.

Bring someone to mind whom you see every day and whom you like, care about or really love. It may be someone you live with, or someone at work, or a family member, or maybe even a pet.

Bring this person or animal to mind. See if you can imagine or feel the person or animal doing the things that make them smile. Simply take the first image that comes to your mind. We're not going for perfection. Maybe it's petting your neighbor's dog on your walk this morning or waving across the lawn at a neighbor. It's fine!

As you imagine this person or animal, pay attention to what you are feeling in your heart. Sometimes this can be challenging, and if it is, my first suggestion is to relax. Let your eyes close if that's comfortable. Keep your gaze soft if it's not.

Imagine your person or animal doing something that makes them very happy. We are going to send kind wishes to our person. I will say each wish out loud, and you can repeat the wishes silently in your mind or even out loud if you feel like doing so.

When your saying these wishes, you can practice using a really calm internal or external voice. Continue each wish until you hear the next one.

Let's begin.

Pause for several moments between each wish.

I wish for you to be healthy.

I wish for you to be happy.

I wish for you to be peaceful.

I wish for you to have joy in your life.

Imagine the person can feel your wishes. Imagine your wishes are like texts able to reach your person instantly. They begin to get happier and happier. Also, notice your own heart and what you are feeling.

Give 15 seconds or more of silence.

Gently let the image of the person drop away. Bring your attention to one complete breath. Listen to the sound of the bell, and when you cannot hear the bell anymore, let your eyes open. This is basic heartfulness.