

Cultivating Joyful Effort

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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Sit comfortably in a quiet place where you can be free from distractions

Let your spine be neutral and tall, rest your hands in your lap or on your thighs in a way that promotes a release of your shoulders, and an expansion of your chest

Close your eyes, or keep your gaze soft and low, turn your attention inward

Breathe slowly and steadily in and out through your nose

Find a quiet, patient and easy, comfortable breath

Watch the breath moving in and out through your nose

(pause 3 breaths)

And then invite joy into your practice by silently contemplating your why
Joyful effort arises when we understand our purpose

Why meditate?

Why practice mindfulness?

What benefits do you hope to receive?

By understanding intention,

And why you are prioritizing your practice

The effort in practicing becomes imbued with joy, and ease

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Recall why you are here,
Right now, meditating today.

Allow a deep satisfaction to arise
As you apply effort in this moment, joyfully

(pause 3 breaths)

And then with your why in mind,
Cultivate joyful effort
By shifting your awareness to the benefits you've already received
Through this practice of mindfulness and meditation

Recall how good you feel on the days you meditate,
What it feels like to start the day mindfully
And the pride you feel in remaining still and present until the timer goes off, or until the bell rings

With inhale breath, sit up a little taller
As you rest in the joy
Of the benefits of mindfulness

Count the ways in which your life has improved,
With mindfulness as your refuge

(pause 3 breaths)

And then cultivate joyful effort
By placing your attention on the positive sensations you're aware of right now

Calm, quiet, ease, spaciousness, patience, awareness

Notice all the ways in which being here, right now, brings you joy

Feel these positive sensations in the body, and the breath

Recognize that these positive qualities do not appear accidentally,
They are the direct result of your effort

Rejoice in the effort that you're applying to your meditation right here and right now

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Rejoice in that effort and rest in awareness of the joyful benefits you're receiving

(pause 3 breaths)

Understand that while joy is a result of your practice
Joy arises when we joyfully practice

Joy is only revealed
Through consistently applying effort

Joy is revealed
Through joyful practice

Joy is both the cause and the result

(pause 3 breaths)

So joy then, must have been within you all along

Joy is not gained through practice, but revealed

The more you tap into joy,
The more you apply joy to your effort

The more you experience joy as the result
The more you notice joy arising

You have always had the potential to be joyful
You have always had the potential to notice, to be mindful

You are joy

You are awareness

Rest, in the sensation of joy
The joy you apply to your efforts here
And the joy you reveal through those same efforts

Rest in joy

Until you're ready to open your eyes