Smile and Be Happy Meditation

By Brad Austen

Begin now, by finding somewhere comfortable to sit. You might like to slip into some warm clothes or use a blanket as your body temperature drops while meditating. Sit up as straight as comfortably possible. Close your eyes and bring your attention to your breath.

The following breathing exercise helps to relax your body and mind.

Breathe in for the count of 4, hold the breath for the count of 4 and then exhale slowly for the count of 8. Again, repeat this process, breathing in for the count of 4, holding the breath for the count of 4 and then breathe out for the count of 8.

Bring your attention to your face. Are you holding any tension in your jaw, behind your eyes or in your forehead? If so, allow those areas to soften and relax. Allow your lips and cheeks to relax and begin to form a smile. You may like to think of something amusing or simply the love you have for your family or friends. Simply focus on whatever brings up a happy memory or feeling.

If you are holding any tension in any part of your body, allow your smile to soften that area now. Allow the muscles to soften and relax. Stay as long as you need at each area of your body, until you relax fully. When you have finished relaxing one tight area, move onto the next area that is tight and tense.
Smile into the muscles and allow them to relax.

Now bring your awareness to your heart and feel the smile and happiness in your heart. You may like to visualize your heart charka opening or pulsating and expanding with love energy. You may like to visualize this heart energy as pink and green light. The pink light represents unconditional love and the green light is the color of healing. Hold this focus for a few minutes, focusing on the love in your heart center.

The following are some positive affirmations to help you feel happier throughout your day.

- I am happy and relaxed despite my external circumstances.
- I find it easy to be happy and smile often.
- I am responsible for my own happiness.
- Happiness comes easily to me.
- When I smile, the whole world smiles with me.

Now bring your awareness back to your face. Are you feeling happier and lighter?

When you leave this meditation, you will find it easier to smile and be happier throughout your day.

It is now time to leave this meditation. Very gently bring your awareness to body, giving your fingers and toes a wiggle. And when you feel ready, open your eyes, coming back to waking consciousness.