

Why Can't I Be Happy? Finding Joy In a Busy World



This meditation will help you retrain your mind to scan life for the good, instead of always looking for something to fix or focusing on what's wrong in your life.

Find a quiet comfortable place to sit and close your eyes. Start to inhale and exhale and focus your attention on your breath. There is nothing to do in this moment, nowhere to go. No notifications, nobody demanding anything, no tasks to complete. No drama. Just simply be here and be present in this moment. Relax your mind. AHHHH. Let your body be fully supported by the chair and completely relax.

Take a moment to notice what it feels like to be unplugged from your phone, the TV, your iPad, Netflix and social media. Are you feeling the impulse to check your notifications, your news feed or your texts? Do you feel like you're missing something as you sit here screen-free?

What is it like to just BE, without doing? Is it uncomfortable? Unbearable? Or relaxing? Joyous? Our busyness doesn't make us happy, but experiencing life does.

Now let's focus on something that is not going so well in your life and be curious about how you perceive it. What are your thoughts around it? Are these facts or are you making assumptions? Are you creating worse case scenarios in your head that haven't happened? Be curious about your thoughts. Thoughts are just thoughts. You don't have to believe them. Is this thing that's happening in your life a common story you tell yourself? Can you name the story, like the "this always happens to me story?" Is it a recurring theme?

Pretend that you are an observer viewing this situation for the first time. Can you allow for the possibility that even though you see this as not a great

MINDFUL MANTRA: "I AM GRATEFUL FOR ALL THAT COMES. I WILL TRY AND SEE NEW POSSIBILITIES WITH FRESH EYES."

thing, some good can eventually come from it? Is that possible? Consider that sometimes our biggest obstacles can become a blessing. Can you learn something from this? We don't always know how things will turn out, even if we think we do. Is there anything you can feel grateful for about the situation? We are not making up positives, simply shifting our attention to the good. Notice how the change in perspective and new possibilities make you feel.

Now, let me show you the quickest way to find joy. Put your hand over your heart for a minute and begin to think about what you are grateful for in your life. Think first of the big things, like family, friends, your health. Now keep breathing and think of the small things in your life that you are grateful for: those awesome new shoes you got on sale, the artwork your child brings

home from school, the fresh produce from the farmer's market. Notice how you feel when you focus on and truly take in the wonderful things in your life. What emotions come up when you give thanks for this abundance? What does it feel like in your body? Notice any sensations or feelings of joy or calm that arise.

Now continue to think about what is going well in your life right now. What's new and good? Relish the good things for a few minutes. Dig for as many good things as you can.

Now repeat this mantra to yourself: "I am grateful for all that comes. I will try and see new possibilities with fresh eyes." Now, continue breathing until the sound of the bell and when you're ready, slowly stretch and open your eyes.