

## Happy Memories Meditation

So, you've all just enjoyed a wonderful laughter yoga session, and as you adjust and move into a comfortable position -- either seated or laying down. I'd ask that you breathe a little more slowly, and a little more deeply than you would normally breathe.

Of course, the slower and the deeper you breathe, the fewer breaths it will be necessary for you to take to bring in all that good life-giving oxygen. Anything you feel you are holding on to that is unnecessary I ask that you begin to release it now with each exhale. Continue breathing and as you breathe listen to the sound of my voice. What I'd invite you to imagine, picture or think about is what it would be like if your body were literally glowing from the inside out, with all the laughter energy that was generated in the session you just enjoyed. You might see this energy as shining sparkles. I may come to you as a particular color. It might even seem like your body is filled with little happy faces that are moving through your bloodstream, but however it comes to your mind, to think of yourself as though you're filled and glowing with laughter energy is just perfect. ----(pause) --- and along with imagining your body filled with laughter energy, you may of course imagine hearing little giggles down in your toes (giggle lightly) maybe some hearty laughs in your belly area, (Laugh Heartily Out Loud) and perhaps some gleeful chuckles in your head. (Chuckle Out Loud)

And you can also feel the vibrations from the laughter as it resonates and moves throughout your entire body. And as you allow yourself to tune in and really feel all the laughter energy, you can recognize that this is a very good and enjoyable feeling, and yet as good as this energy and feeling is ----(pause)--- I think we can make it even more beneficial.

So, what I'll invite you to do is allow a happy memory to come to mind. Now this can be a recent memory, or it can be a memory from years ago. But whenever the memory is from, just make sure that it's a really happy memory --- so as you allow a particular happy memory to come to mind -- I'd ask you to imagine or think about what it would be like if you could just step right into that memory and be there now. --Pause-- And as you get a sense of being there now, just notice what was going on that made the time so happy. Notice who was with you, if other people were involved, and really allow yourself to soak up all those feelings of happiness from this memory --PAUSE--- and then in a moment I'm going to ask you to take a deep breath in and when we exhale together you can imagine that you are releasing the energy from this particular happy memory to join with all the laughter energy already in our body from today's laughter yoga session. --PAUSE--

Now, let's all take a deep breath in together, hold it, and exhale while imagining that the energy from this happy memory now joins with all the good laughter energy that's already in your body.

Excellent.

So now that you have enhanced all the energy from today's session with the energy of this happy memory let us follow one more process to make it the most beneficial for our bodies.

I'd invite you to begin by imagining that you have a tiny door ---just like an elevator door-- right at the top of your head. And now, imagine the little door opening --ding! whhoooosh.-- Excellent.

Now, imagine or think about what it would be like for all of this good energy in your body to begin to flow upward. That's right, beginning at your toes, flowing up your legs and trunk, flowing up from your hands and arms, meeting the other energy as it flows up through the chest, neck and head, until it starts to flow out of the tiny door, but stays attached to the top of your head. So, it may begin to look like a large balloon of laughter energy at the top of your head, or however your mind represents it to look is just perfect.

As this great energy sits atop your head, just allow yourself to hear the laughter and feel the vibrations from the laughter as it gives you a tingly scalp massage --(Make giggles and laughing sounds)-- Now, imagine that the energy gently separates from the top of your head, close the little door --ding!, whoooosh! and allow the energy to float up into the air where it joins and merges with the energy of all around us. As it mixes and merges with everyone else's energy it becomes even more healing and even more beneficial. It builds and grows until it can't contain itself any longer, and Whoosh! it showers down over everyone (make laughing and giggling sounds) --- and as you imagine yourself covered by this incredibly powerful energy, you can know that as it soaks into your body that it will go wherever it will do you the most good --- whether that good is adding more joy and laughter to your life, enhancing your health and the healing process that is always going on in your body, it might give you a greater sense of compassion and connection to others, or perhaps you receive all of this and even more.

This is your time, and the wisdom of your inner mind will direct the energy to go exactly where it will be most useful and bring you exactly what will be most beneficial, so just allow yourself to soak it all in, and as you do so, it can feel very good indeed. --PAUSE--

Now, just sit for a few moments with all of these yummy feelings as you continue to breathe slowly and deeply. Excellent. --PAUSE 10 breaths--

Now, it's time, time to take your time, take a deep breath in and let it out. When you are ready begin to wiggle your fingers and toes and slowly allow your eyes to open. You will feel refreshed, renewed and wonderful! Ready now to go out and enjoy the rest of your day, and all the benefits you've received from today's session.

(NOTES: Wherever there is a PAUSE, breathe for eight breaths quietly unless otherwise directed in the script)