

# Guided Meditation

## Cultivating Joy: The Blissful Feather

Find a comfortable position and close your eyes.

Take in a breath and fill up your tummy like a big balloon. Feel the air flowing into your nose, down your throat, and all the way down into your belly.

Now exhale gently and fully. Let's do that a few times until we feel very peaceful and light. Keep breathing slowly in and out until your body feels fully relaxed.

Then continue breathing normally as we begin our joyful adventure.

Now imagine a beautiful feather floating down from the sky. Maybe it looks like a hawk's feather or maybe it's every color of the rainbow. Whatever your imagination shows you is perfect!

It's soft, light, and glowing gently, like a warm sunbeam or a cozy spark. Here it comes just for you, carried on a peaceful breeze.

This is no ordinary feather. It's a blissful feather filled with calm, happiness, and all the good feelings your heart loves.

As it floats closer, you feel its softness brushing your hand or your cheek. You smile gently because just touching it makes you feel warm and peaceful inside.

The feather settles into your hand, and you feel a little spark of joy move through you.

It's the kind of joy that comes from being safe...  
from being loved...  
from spending time with someone special to you...  
from remembering something silly that made you laugh until your belly hurt.

This feather holds all of that. Now, bring the feather to your heart. You can imagine placing it gently there.

And as you do, it begins to glow a little brighter, spreading joy through your whole chest... your arms... your legs... all the way to the tips of your fingers and toes.

You are full of soft and safe joy now. You can even send a little of your joy to someone you love.

Just imagine the feather floating from your heart to theirs. Maybe they smile, or maybe they feel lighter... just because you shared a little of your joy.

Joy can grow stronger when we pause to notice it. Even the tiniest happy moments can fill your heart, like sunshine peeking through the clouds.

And whenever you forget, you can come back to this feeling and find your blissful feather again.

You can keep this blissful feather with you. Tuck it gently into your pocket, or imagine it resting in your heart. It will always be there when you need it. Any time you want to feel calm, happy, or close to someone you love.

Take one more deep breath in. And let a soft breath out.

When you're ready, gently wiggle your fingers and toes. Take a deep breath and open your eyes when you're ready.

Keep that sparkling feeling of joy with you through the rest of your day and into your dreams tonight.

