



## Aspire Higher Coaching

Assisting spiritual aware women who have  
lost a loved one to deliberately  
experience Spirit in daily, practical ways.  
<http://www.AspireHigherCoaching.com>

### Happiness Meditation

This exercise is very simple, safe, and yet profound. Many great Tibetan Bon masters use it as their main meditation.

Use it if you are unhappy – or if you would like to have a greater capacity for happiness.

Sit comfortably and close your eyes. Imagine a fast flowing stream of light entering your heart – this light is pure, brilliant and clear. As it touches your heart, you experience a sensation of comfort and warmth, then the first budding of happiness, which then grows stronger and stronger within you.

You know and believe that in everything you do, feel and say in this day of your life, happiness will be with you, inspiring and influencing your thoughts and deeds – as well as all of those whom you come in contact with.