

[Breathing into Happiness](#)

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Sit upright with your eyes open or closed. Inhabit your feet. Inhabit your whole body. Bring your inhale down into your chest and let yourself breath into the happiness within your chest. Your exhale can be a release, let the breath go wherever it goes.

Continue to find, with your breath, the happiness within your chest. Now experience that same feeling of happiness within your hands. Experience the happiness within your feet. Experience the happiness within your whole body. Experience that your whole body is breathing. You are breathing the happiness within your whole body.

If your eyes are closed, open them, and continue to breath the happiness within your whole body. Find the space outside of your body. Experience that the space inside and outside of your body is the same continuous expanse of space of fundamental consciousness. Let yourself experience that you are the space. Experience that the space that pervades you pervades your whole environment.

Breathe within your whole body and experience the stillness of fundamental consciousness pervading the movement of your breath, breathing your happiness within your whole body. The stillness of fundamental consciousness does not interfere with the breath and the happiness, everywhere in your body.