

Sympathetic Joy

7-day journal

By Ram Mahalingam



Instructions

This week, we will practice Sympathetic Joy meditation. This practice helps us to cultivate joy from other people's happiness.

Practice the Sympathetic Joy meditation daily. After completing your meditation, take a few minutes to journal about your practice.

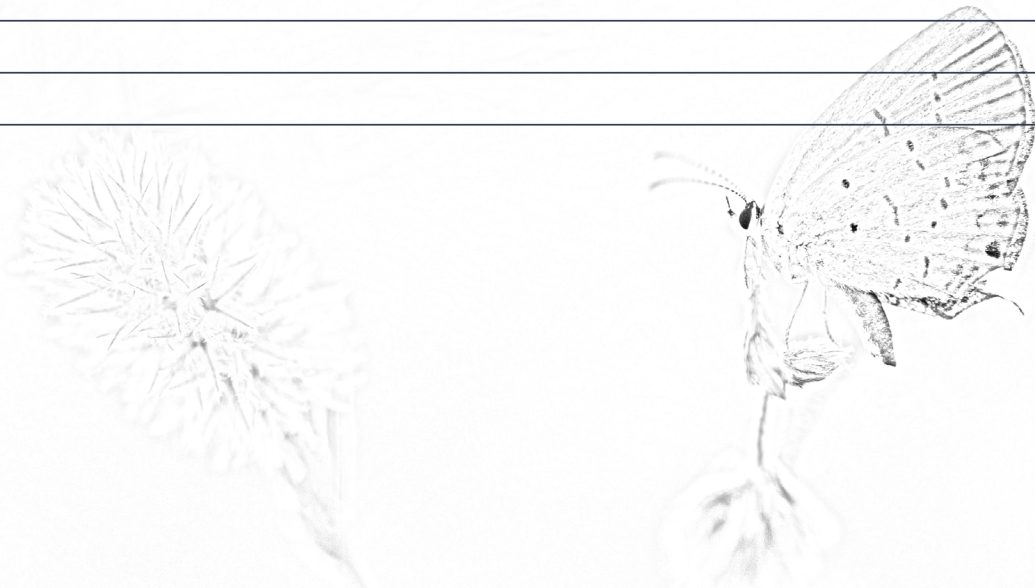
Continue to notice what helps or hinders your *diligence to sit* (DS). Take a few moments to notice the distractions that undermine your *diligence while practicing* (DP). Also, reflect on the daily prompts.

Counting or labeling, or noticing the sensations of your breath will help you focus on your breath. Make a brief note of these observations after you complete your practice.

Day 1:

DS/DP Observations.

Describe what the term rejoice means to you.



Day 2:

DS/DP Observations.

Describe an joyous event you witnessed recently. How did you feel?

Day 3:

DS/DP Observations.

Think of a person in your family you care about. Write a sentence about the person. Think of a time when they were happy. Describe how they express their happiness (e.g., how they smile, laugh, or gestures when they are happy).

Day 4:

DS/DP Observations.

Think of a person among your friends. Write a sentence about the person. Think of a time when they were happy. Describe how they express their happiness.

Day 5:

DS/DP Observations.

Think of a person who is not a friend or family member (e.g., someone you read about or interacted with at your workplace or school or any other social context). Write a sentence about the person. Think of a time when they were happy. Describe how they express their happiness.

Day 6:

DS/DP Observations.

Think of a person whom you do not particularly like or are fond of. Write a sentence about the person. Think of a time when they were happy. Describe how they express their happiness.

Day 7:

DS/DP Observations.

Think of a person who brings a lot of joy to their communities or people around them. Write a sentence about the person. Think of a time when they were happy. Make an aspiration to notice acts of happiness around you for the next 24 hours.
