

# Creating Feel Good in Emotional Body Space – 2 of 2 – A Guided Meditation ~ Shinzen Young

00:00:00 Let's explore it.

00:00:06 So once again, take a moment to stretch up and settle in.

00:00:18 And now this time, we're going to actively create positive feel, if possible.

00:00:27 Sometimes it works, sometimes it doesn't.

00:00:28 We'll just see.

00:00:30 So I'd like you to think some thought that's likely to produce a pleasant feel in your

00:00:35 body, and then focus in on that.

00:00:41 And it will either continue to resonate or it will dampen and die away.

00:00:48 If that happens, rethink either the same thought or a different one.

00:00:54 And then drop the thought and focus on the pleasant resonance in the body for as long

00:01:00 or as short as it may last.

00:01:02 Does that make sense?

00:01:10 Yeah.

00:01:21 Now one thing that can help this is to intentionally smile just a little bit, like the Buddha smile,

00:01:31 a little hint of a smile.

00:01:33 Notice how that produces a pleasant feel.

00:01:37 And that can fortify the process.

00:01:58 Better?

00:03:15 to do that to a certain extent? Excellent. But stay with it for a few more minutes.

00:03:45 Laughter counts as positive feeling. Let it spread as broadly as you can. That might go

00:04:09 out of your body.

00:04:39 As you do this, try to actually taste how it develops a concentrated state. You're very focused.

00:04:57 You're in samadhi. You're in the zone. And your object of focus is this pleasant experience. And

00:05:06 the more concentrated you become, the more pleasant it becomes, motivating you to become even more

00:05:14 one-pointed with this pleasant flavor. That creates a positive feedback loop

that revs up your

00:05:26 concentration power. Does that make sense as a concept? Excellent.

00:06:56 Now, stay with that concentration in your pleasant emotional body. But open your eyes. Eyes open,

00:07:14 but awareness back into the positive feel. Good. And now we'll make eye contact. Let's see if you

00:07:24 can just keep some awareness during the social interaction. Takes a little bit of practice.

00:07:30 So, any final questions or comments? Well, I think this was an excellent session. There's

00:07:46 actually a lot more to say about the technique, but you can read about that at [basicmindfulness.org](http://basicmindfulness.org).

00:07:52 Look, there's a reference guide to all the different aspects. I just taught you some parts

00:08:03 of it, but clearly you have enough to implement it, and that's excellent. Thanks for helping out

00:08:13 to make this video. Thank you. Okay, that's a wrap.