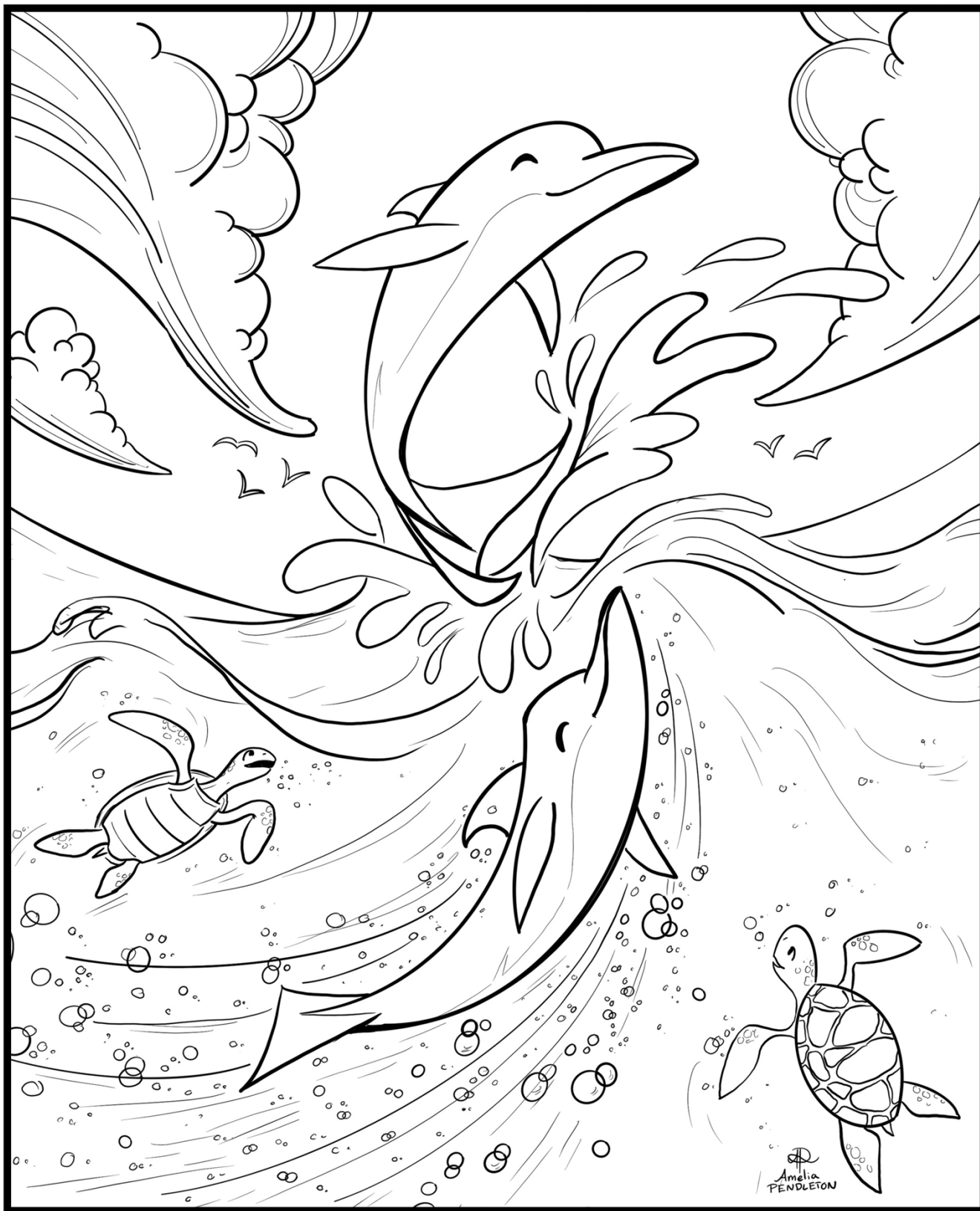


Inner Joy Covering - Anandamaya Kosha



Amelia
PENDLETON

Family Activities – Experiencing Inner Joy

When we experience inner joy, we experience the soul/Self within each of us. Focusing our attention on our inner joy can increase the experience of it. Meditating helps us to quiet our outer coverings so we can more easily experience inner joy. Practicing gratitude strengthens our connection, and chanting a Sanskrit prayer allows us to share our inner joy and love.

Whatever activity you choose, your inner joy will shine through.

Taking a Mindful Walk

Walking in nature can help us quiet our thoughts and feelings so we can more readily experience our inner joy. Being mindful in nature helps us develop our awareness and to appreciate our surroundings.

For this activity, everyone will need paper and a pen to take notes. Keep in mind, the nature you're exploring can be as close as your backyard. Without talking, walk slowly and capture:

- What do I see?
- What do I hear?
- What do I smell?
- What do I feel?

After completing your walk, share your notes with the rest of your family.

Inner Joy Meditation

In this guided meditation, we will calm down each of the coverings of the soul until we rest in the Self. We say the line and do the movement at the same time.

For this activity, you'll need space for your family to get into a meditation posture, with their spine erect, their hands comfortably in their laps, and their eyes closed.

Have one of your family members lead the guided meditation:

Say: We are going to take some breaths together. As we breathe, we will let the coverings of the Self settle down so that we can feel our soul and experience the wisdom of the Self.

Say and do:

- **Breathe in, Breathe out. Say, "I calm my body" (Family repeats, "I calm my body.")**

Put your hands on the top of your thighs and push the energy out to the toes

- **Breathe in, breathe out. Say, "I calm my energy." (Family repeats, "I calm my energy.")**

- Cross your hands in front of you, and grasp the opposing upper arm, and push the energy down towards your hands

- *Breathe in, breathe out. Say, "I calm my mind." (Family repeats, "I calm my mind.")*
 - o Smooth back your hair
- *Breathe in, breathe out. Say, "I am grateful for my inner wisdom." (Family repeats, "I am grateful for my inner wisdom.")*
 - o Put your hands on your heart
- *Breathe in, breathe out. Say, "I feel my inner joy." (Family repeats, "I feel my inner joy.")*
 - o lift your hands up
- *Breathe in, breathe out, say, "I am the Self." Be your soul. (Family repeats, "I am the Self.")*
 - o Put your hands in your lap in meditation pose, or chin mudra
- *Rest here a moment or two just being our Self.*
- *Back out one layer to your inner joy. Feel your inner joy, and rest here a minute, just feeling filled with inner joy.*

After completing the meditation, ask the questions below and share your answers with your family:

- How was that for you? Could you feel your inner joy? What was it like?

Being Grateful for Our Family

Cultivating gratitude is another way to experience and connect with inner joy. By practicing gratitude within our family, we're improving our health and strengthening relationships.

For this activity, everyone will need a pen and a sheet of paper for each member of your family. Decide who will go first. Answer the questions below on a sheet of paper about the person going first:

- What do you appreciate about this person?
- How have they helped you?
- What have you learned from this person?
- What's one kind or thoughtful thing they've done for you?

Go around the table and share what you wrote or pass your individual sheets to the person to read. Decide who goes next.

Experience Divine Love and Light

Chanting helps us to connect with and share our inner joy. This Sanskrit prayer is chanted at the end of Yoga practices, and at the end of our day at YSE camp:

Lokah Samastah Sukhino Bhavantu

May all beings in the world be happy. May all the beings in the world be at peace.

Here's a [link](#) to hear the prayer thanks to Kaya and Sarasvati Devi Westbrook. Try chanting the prayer with your family. Namaste.