



unveiling the path to embody the true self.

Journal Prompt, Mudra and Guided Meditation for Cultivating Santosha

Santosha, Sanskrit for contentment, is the observance for finding contentment within each moment on a path of living a life of yoga, or on a path to bliss, as written by Patanjali in the Yoga Sutras.

The intent of these prompts are to cultivate Santosha through reflection, intention and practice.

Please refer to associated blog post: [Yoga and the Practice of Santosha](#).

Journal prompt:

What does contentment look and feel like for me? What is something that I can honor and appreciate within a difficult time or event? How can I seek and find contentment within moments that appear to be mundane or inconsequential?



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Mudra:

Mudra is defined as “seal”, “mark” or “gesture” and frequently seen as a hand gesture. Mudras are believed to direct focus energetically.

Chaturmukham Mudra: This mudra is particularly associated with cultivating contentment, internal peace and optimism.

To begin, touch each finger of each hand to the corresponding opposite finger (right small finger touches the tip of the left small finger, right second finger touches the tip of the left second finger, etc.).

Second, release the thumbs from each other and extend them so they are pointed upwards toward the sky.

Place the wrists gently against the abdomen with the fingers rounded, as if around a sphere.

This mudra may be held by itself, while paying attention to the breath, or may be held in meditation.

Guided Meditation with Affirmation:

While holding the Chaturmukham Mudra, begin to consciously become aware of your breath.

As you inhale and exhale, take notice where the breath is directed within you. Chaturmukham Mudra directs the breath along the front aspect of your body, allowing for a sense of calm and safety that engenders contentment and optimism.

With each exhale, invite in the affirmation: I am content (or an equally positive affirmation).

Repeat this affirmation (or personally selected positive affirmation) with each breath: I am content.

If able, allow yourself to gently close your eyes and continue with the affirmation for up to a minute, and continuing for longer intervals if comfortable.