

Loving Kindness Meditation Script

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Introduction: Begin by finding a quiet and comfortable place to sit or lie down. Close your eyes gently, if you feel comfortable doing so. Take a few deep breaths, inhaling deeply through your nose and exhaling slowly through your mouth. Allow yourself to fully relax.

Phase 1: Self-Love and Compassion (5 minutes): Visualize yourself in your mind's eye. Repeat the following phrases, either silently or out loud, with sincerity: May I be happy. May I be healthy. May I be safe. May I live with ease. Imagine feelings of warmth, love, and compassion enveloping you. Allow these feelings to fill your entire being.

Phase 2: Loved Ones (5 minutes): Picture someone you love deeply, someone who brings you joy and comfort. Repeat the following phrases for them: May you be happy. May you be healthy. May you be safe. May you live with ease. Visualize them receiving your well-wishes and experiencing happiness and peace.

Phase 3: Acquaintances (5 minutes): Think of someone you know casually, perhaps a neighbor or coworker. Offer the same wishes for their well-being: May you be happy. May you be healthy. May you be safe. May you live with ease. Picture them smiling and feeling a sense of well-being.

Phase 4: Neutral Individuals (5 minutes): Bring to mind someone you don't know well or have mixed feelings about. Extend your wishes to them: May you be happy. May you be healthy. May you be safe. May you live with ease. Imagine any negative feelings dissipating, replaced by positivity and goodwill.

Phase 5: Challenging Relationships (5 minutes): Now, think of someone you may have conflicts or difficulties with. Offer the same well-wishes, despite any past issues: May you be happy. May you be healthy. May you be safe. May you live with ease. Visualize misunderstandings or conflicts resolving, and them experiencing peace.

Conclusion: Take a few deep breaths, slowly bringing your awareness back to the present moment. When you're ready, open your eyes.