



Loving Kindness

MEDITATION

SCRIPT

Get into a comfortable position. Close your eyes if you want, or find a place to rest your attention.

Place one of your hands on your heart. Feel the pressure or the temperature of your hand there.

Then, take a few long, slow, deep breaths. Fill your belly like a balloon, and slowly breathe out.

Breathe for five to ten slow cycles of breaths... breathing in... and breathing out....

Now picture the following:

Start by picturing yourself. Imagine you are looking at yourself in a mirror, and feel love surrounding you as a color, warmth, or like a hug. Say to yourself "May I be happy, may I be healthy, may I be safe."

Now picture someone you have warm feelings for. This can be a family member, a friend, or someone you are close to. Picture them in your head and notice the feelings you have toward them. As you continue to picture them say "May you be happy, may you be healthy, may you be safe."

Now picture someone you have neutral feelings for. This could be a cashier, someone walking on the sidewalk, or a neighbor. Picture this person and say "May you be happy, may you be healthy, may you be safe."

Now picture someone you have difficult feelings for. If this feels too difficult, that's ok. Only do this to the best that you are able, and picture this person in front of you and say "May you be happy, may you be healthy, may you be safe".

Lastly, imagine the Earth with all the people in it. Think of the plants, the animals, and all of its living things and imagine sending love to everything. Think about the Earth and say "May they be happy, may they be healthy, may they be safe."

Now, as we finish, bring your body back to the room. Wiggle your fingers and toes, and take one last big breath in and out. Then, when you're ready, open your eyes.