

# Loving Kindness Meditation

## GUIDED MEDITATION SCRIPT

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts?  Heart?  Body?  None

### To begin this Meditation, please bring kind awareness to:

- ▶ why you chose this topic
- ▶ how your belly, chest, and head each feel when you reflect on this topic
- ▶ the emotions that you can associate with these visceral feelings
- ▶ the positive or negative impact of any stories you believe in regarding this topic
- ▶ the fact that many others are feeling similarly about this topic as you
- ▶ how you might feel with increased awareness around this topic
- ▶ when you can apply increased mindfulness to this topic in your day-to-day life



Find a comfortable meditation posture and take three deep breaths. With each breath, say, "Breathing in, I know I am breathing in. Breathing out, I know I am breathing out."

Then bring an intention to mind. It could be, "To be kinder, both to myself and others." Or "To accept myself as I am, and life as it is."

Now whisper to yourself, either silently or quietly out loud:

"May I be well and happy.  
May I be free from enmity, disease and grief.  
May happiness be my guard."

Say these phrases three times in total.

We are going to focus on our body, bit by bit. With each body part, we'll imagine a smile, a softening, and a soft, gentle, apricot-pink light – loving kindness – slowly filling that part of the body.

This has the same quality as hugging a small child in distress. So as we go, imagine that someone who really cares for you is embracing you.

So, begin by drawing your attention to your lips, and either silently or quietly out loud repeat:

"Breathing in, I am aware of the lips. Breathing out, I smile at the lips."

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Then do the same with the:

- Nose
- Eyes
- Ears
- Forehead
- Jaw Muscles
- Cheek muscles
- Crown of the head
- Back of the head
- Back of the neck
- Throat

Imagine the head and neck filling up with a gentle apricot-pink light, and the energy of loving kindness.

Say:

“May I be well and happy.

May I be free from enmity, disease and grief.

May happiness be my guard.”

Now bring your attention to your shoulders as you whisper:

“Breathing in, I am aware of the shoulders. Breathing out, I smile at the shoulders.”

Then do the same with the:

- Upper Arms
- Elbows
- Lower Arms
- Back of the Hands
- Palms of the Hands
- Fingers

Imagine the head, neck, arms and hands are filled with a gentle apricot-pink light, and the energy of loving kindness.

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Say:

“May I be well and happy.  
May I be free from enmity, disease and grief.  
May happiness be my guard.”

Now, witnessing your upper chest as you whisper:

“Breathing in, I am aware of the upper chest. Breathing out, I smile at the upper chest.”

Then do the same with the:

- Upper Back
- Abdomen
- Lower Back
- Pelvic floor
- Buttocks

Imagine the head, neck, arms, hands and torso are filled with a gentle apricot-pink light, and the energy of loving kindness.

“May I be well and happy.  
May I be free from enmity, disease and grief.  
May happiness be my guard.”

Moving to the thighs: “Breathing in, I am aware of the thighs. Breathing out, I smile at the thighs.”

Then:

- Knees
- Calves
- Feet
- Toes

Imagine the head, neck, arms, hands, torso, legs and feet are filled with a gentle apricot-pink light and with loving kindness.

Now:

“Breathing in and breathing out, I smile through all of my body - from the top of my head to the soles of my feet and to the tips of my fingers. The whole of my body is filled with loving kindness and a gentle apricot-pink light.”

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“May I be well and happy.  
May I be free from enmity, disease and grief.  
May happiness be my guard.”

Focusing on the center of your body, at a point just in front of your spine in the centre of your chest, become aware of the gentle warmth of loving kindness. Then begin to expand that warmth of loving kindness outwards from this central point.

Say:

“Breathing in, I am aware of a point an arms-length in front of my body. Breathing out, there is loving kindness an arms-length in front of my body.”

Then do this:

- To the left of your body
- To the right of your body
- Behind your body
- To the front left quarter
- To the front right quarter
- To the rear right quarter
- To the rear left quarter
- Above your body
- Below your body

Say:

“Breathing in and breathing out, I am sitting inside an apricot pink bubble of loving kindness, an arms-length around, above, and below my body.”

“Breathing in and breathing out, I experience loving kindness as warmth radiating from the center of my body at my heart out to the limits of this bubble.”

While imagining yourself sitting inside the bubble, which slightly expands and contracts with your breathing, you say:

“As I am well and happy, may all beings be well and happy.  
As I am free from enmity, disease and grief, may all beings be free from enmity, disease and grief.  
As happiness is my guard, may happiness be all beings guard.”  
(x3)

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Then:

“Breathing in, I am aware of the whole of the room. Breathing out, I smile at all of the room, which is filled with a gentle apricot-pink light.”

Then repeat this step for all of the following:

- Building
- Block of houses
- Suburb
- City
- State or province
- Country
- Hemisphere of the planet
- The planet
- Earth and moon
- Solar system
- Milky Way
- Universe

Take pause here, and let the mind rest in spaciousness.

Say:

“May there be happiness.”  
(x3)

Then return in the reverse order until you return to your bubble.

Then envision the bubble shrinking slowly in stages, until it is a tiny dot in your heart.

Even the dot disappears and we rest our minds – natural, spacious, and unfabricated.

Close with:

“As I am well and happy, may all beings be well and happy.

As I am free from enmity, disease and grief, may all beings be free from enmity, disease and grief.

As happiness is my guard, may happiness be all beings guard.”  
(x3)

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End the meditation by either:

Thinking specifically of someone you know who is in some form of distress and wishing them well...

Or thinking more generally of people in distress and wishing all these people well.

And in closing, repeat:

“May whatever wholesomeness that has been gathered by this practice benefit all beings.”

