

Sleep Meditation - Metta Benefactor

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



Sleep Meditation - Metta Benefactor

So, settling into a nice comfortable posture in your bed.

Allowing yourself to fully relax.

Letting your body be at ease.

Letting your thoughts and worries fade away.

And getting ready for this place of restfulness.

Getting ready for sleep.

In the meditation today we'll be doing a form of loving-kindness practice.

Cultivating well-wishing for those people in our life who care for us and who we care about.

And if this is your first time practicing loving-kindness meditation, just a brief introduction to the practice.

The way it works is you'll be repeating a set of phrases of well-wishing and good intentions as you visualize someone in your life.

And the phrases are not too important.

You can find what phrases work for you.

But I'll be using a set of phrases.

Sleep Meditation - Metta Benefactor

Guided Meditation Script

Sleep Meditation - Metta Benefactor

And those phrases are:

May you be happy and peaceful.

May you be healthy and strong.

May you feel safe and protected.

And may you live with ease and well-being.

And don't worry about trying to remember those phrases right now.
I'll be guiding you through the practice.

But just to know what you'll be doing is visualizing someone and repeating those phrases as you see if you can get behind the feeling of wishing well for someone.
Getting behind that feeling of caring for another person and truly wishing them health and happiness.

So, we can start this practice as we usually do with a few deep breaths.
So, breathing in deeply and breathing out slowly.
Another deep breath in, filling the lungs.
And a deep breath out, relaxing the body.

And from there, letting your breath return just to its natural rhythm.
There's no need to control the breath in this practice.
So, softening and letting your body do the work of breathing.
And for this loving-kindness practice, I'll invite you to first bring to mind someone from your life who you know cares about you.

And this might be a mentor or a teacher or maybe a former coach or an older relative.
Thinking of someone in your life who has cared for you or helped you out in some way.

You may consider this person a benefactor.
And trying to think of someone who you have a very easy and simple relationship with.

So, not a very close person, not your romantic partner, not someone from your immediate family as those relationships can be more complicated.

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Guided Meditation Script

Sleep Meditation - Metta Benefactor

But choosing someone you feel warm about.
You know they care for your well-being.
And then see if you can visualize this person in your mind.

Taking some time to really conjure up an image of this person in your mind's eye.
Noticing the way that they smile.
Perhaps remembering the last time you saw them and had a good interaction.

And you might find it helpful to imagine this person sitting next to your bed or just imagine them looking at you with kind eyes.
And just knowing that they care for your well-being.

They're not concerned with how much money you have or what type of position or status you have.
They just want to see you happy.
They just care for your well-being.

And taking some time to just feel that loving-kindness coming from this person.
Knowing that you are cared for.
That you are loved and supported.
Feeling that warmth.
Feeling the connection.

And taking a moment now to reflect on this person's life.
Knowing that they are human just as we are, and they go through difficulties and challenges.

They will have times of disappointment and sadness and loneliness.
And knowing that just as they send us their well-wishing, we can send this loving-kindness back in their direction.
Caring for them.

And to do this we can repeat the phrases of loving-kindness, just silently in your own mind.
So, bringing an image of this person into your mind and repeating the phrases after me:

May you be happy and peaceful.

May you be healthy and strong.

Sleep Meditation - Metta Benefactor

Guided Meditation Script

Sleep Meditation - Metta Benefactor

May you feel safe and protected.

May you live with ease and well-being.

And we'll go through the phrases a few more times.

Each time you say the words, see if you can imagine this coming true for this person.

Can you imagine what it would look like for them to be happy and peaceful or healthy and strong.

So, coming back to the words and starting again.

May you be happy and peaceful.

May you be healthy and strong.

May you feel safe and protected.

May you live with ease and well-being.

If you've lost the connection with the person, then taking a moment to visualize them once again.

See their face and the way they smile, the way they laugh.

And recognizing that they are human.

And sending them these phrases of loving-kindness.

May you be happy and peaceful.

May you be healthy and strong.

May you feel safe and protected.

May you live with ease and well-being.

And bringing your attention to your chest and noticing if there's any feeling of warmth or goodwill.

And resting in that state of loving-kindness.

Imagining the smile on this person's face as they receive your well-wishes.

Sleep Meditation - Metta Benefactor

Guided Meditation Script

Sleep Meditation - Metta Benefactor

And allowing yourself just to rest in this field of loving-kindness.
Keeping your attention on your chest or on your belly as you allow yourself to drift off into sleep.

