

Compassion - Four Infinite Thoughts

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



Compassion - Four Infinite Thoughts

[Read slowly and spaciously. 1-2 breaths after each line or comma, 2-3 breaths of pause between each paragraph.]

Take a moment in your seat to connect to the ground...

Through the soles of your feet, or your sits bones, or whatever is touching down.

Notice connection to the ground.

And then with a long, slow breath in through the nose, lengthen the spine.

Equally long breath out, grounded again.

As you sit here watching breath, intentionally draw a slight smile to the lips.

And allow the body to bask in a sensation of happiness.

Feel into that sensation as if you already have every happiness in this world, and every cause of future happiness.

Right here, right now.

Content. Knowing you have everything you need.

And then with the felt sensation of how this happiness feels in your body, imagine sending that same sensation to either one single particular being, or all living beings in the world.

And then imagine this one in particular, or everyone,

feeling that same full-bodied happiness and contentment that you feel right now.

Compassion - Four Infinite Thoughts

Guided Meditation Script

Compassion - Four Infinite Thoughts

And from this sensation of happiness, allow yourself to feel as though you are also free from every pain and suffering, and all causes of future pain and suffering.

Still breathing into that slight, seen or unseen smile,

You are completely free from pain and suffering.

With your whole body,

drop into the sensation of how good this freedom feels,

as you wish the same for just one particular being, or all beings everywhere.

May all beings everywhere be free from pain and suffering, and all causes of future pain and suffering.

As you send out this wish, feel the energy of that wish fulfilled coming back to you.

As your happiness, and your sending of happiness to others,

causes the happiness of others to return back to you.

Seeing all other beings happy and free from pain, thanks to your wish, brings you joy.

Locate this joy in your body, and rest in awareness of this joy.

And feeling completely full of joy, send it to others.

May all beings everywhere feel this same complete and full sense of joy.

May they feel the joy of a full body connection to happiness, fully absent of any pain or suffering.

And allow yourself to imagine a world, where every being was connected to joy.

And because of this connection, not a single being would ever hurt another.

And recognize that this world began with you.

With your willingness to connect to the joy within you, and to share it with others.

And so may you always be willing to share joy.

And may you share it freely to all beings equally, whoever they may be.

Imagining for a moment what it would be like to live in a world where everyone freely and equally shared joy.

Intentionally send out that wish.

Compassion - Four Infinite Thoughts

Guided Meditation Script

Compassion - Four Infinite Thoughts

May they feel the joy of a full body connection to happiness, fully absent of any pain or suffering.

And allow yourself to imagine a world, where every being was connected to joy.
And because of this connection, not a single being would ever hurt another.

And recognize that this world began with you.
With your willingness to connect to the joy within you, and to share it with others.

And so may you always be willing to share joy.
And may you share it freely to all beings equally, whoever they may be.

Imagining for a moment what it would be like to live in a world where everyone freely and equally shared joy.

Intentionally send out that wish.

