

# Loving Kindness

## 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



### Meditation - Loving Kindness

Sit comfortably in a quiet place where you can be free from distractions

Hold your spine neutral and tall

Let your hands rest comfortably in your lap

Close your eyes, or gaze softly at the earth ahead of you

As you breathe slowly in and out through your nose

Spend some time with attention on breath

Without forcing, gently nudge your way into a longer inhale breath,

And a much longer exhale breath

Let the breath get quieter as your body softens a bit

And your mind, too, gets quieter

(pause 3-5 breaths)

And now, at the center of your heart,

Imagine a source of radiant, soft, warm white light

The light is alive, vibrating, pulsing

Feel the light with your body

Its warmth, its movement, its energy

# Loving Kindness

## Guided Meditation Script

### Meditation: Loving Kindness

It's the limitless source of love, positivity, and wellbeing within you  
And because it is limitless, you can share

Invite before you someone with whom you'd like to share this light  
Someone you know. Someone you care for. Someone you love.

Sit them directly across from you.  
They are sitting just as you are.  
Their spine tall and neutral.  
Their hands in their lap.  
You can see them breathing, you can sense the rise and fall of their chest

And now because you love this person so much,  
You decide to send them four wishes,  
As you send them your light.

You say silently to yourself:  
May this person have happiness and all the causes of future happiness.  
As you send them this wish, you also imagine light, traveling across all space and time from  
your body to theirs - filling them up with light.

(pause 2-3 breaths)

And then you say to yourself:  
May this person be free from their pain and suffering, and all the causes of their pain and  
suffering.  
And as you send them this wish, you equally send them more light. The light now filling their  
entire torso with wellbeing.

(pause 2-3 breaths)

And then you say to yourself:  
May this person never be separated from joy. May they always be immersed in joy, never  
touched by pain.  
Again, imagining more light sent over with this wish. The light has now filled up their arms and  
their legs.

# Loving Kindness

## Guided Meditation Script

### Meditation - Loving Kindness

(pause 2-3 breaths)

And the you say to yourself:

May this person live always in a state of contentment, free from all of their grasping, and free from aversion.

And as you send over more light with this wish, it fills up their neck, it fills up their head. Their entire body is now glowing with light.

(pause 2-3 breaths)

Because of all the well wishes you sent, your loved one, your friend, is now glowing. You see them, having received your wishes, and you understand that they are happy, free from pain, joyful and content.

Their light is so bright that it bounces back to you.

Your own light, now, even brighter.

Rest now, in the presence of this light.

And rest in the sensation in your body.

How does it feel, to see your friend, so happy and so free?

Recognize that it's by sharing with others, that we experience fullness.

Recognize that you are whole, you are perfect, and you have everything that you need.

