

Ordinary 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



Stealth Kindness

Although this is a practice in cultivating loving-kindness, it can also help you let go of overthinking and concentrate the mind.

You can do this practice while walking, driving, or sitting in a space wherever other people are present.

This can be a part of your normal routine, or you can set aside special time for it.

Pick one person at a time, whoever grabs your attention naturally.

Recognize that this is a person with hopes, dreams, fears, regrets, memories, and loved ones.

Just like you, this person wants to be happy.

Offer a simple phrase of loving-kindness in your head, such as “May you live with ease today.”

Move to the next person you see and repeat.

Allow yourself to enjoy the practice of dropping “kindness bombs” on the other people you see.

Continue doing this for several minutes.

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If you run out of people, you can return to someone you have already visited.

Or you can offer yourself a little kindness.

When you get to where you are going or are ready to move on with your day, let the loving-kindness phrases go.

However, don't hesitate to return to them at any point as a reminder of your intention to be kind.

