

Adapted from https://ggia.berkeley.edu/practice/loving_kindness_meditation

Loving Kindness Meditation Script

Body Position

Close your eyes. Sit comfortably with your feet flat on the floor and your spine straight. Relax your whole body. Keep your eyes closed throughout the whole visualization and bring your awareness inward. Without straining or concentrating, just relax and gently follow the instructions.

Take a deep breath in. And breathe out.

1) Receiving Loving-Kindness

Keeping your eyes closed, think of a person close to you who loves you very much. It could be someone from the past or the present; someone still in life or who has passed; it could be a spiritual teacher or guide. Imagine that person standing in front of you, sending you their love. That person is sending you wishes for your safety, for your well-being and happiness. Feel the warm wishes and love coming from that person towards you.

Now imagine that you are surrounded on all sides by all the people who love you and have loved you. Picture all of your friends and loved ones surrounding you. They are standing sending you wishes for your happiness, well-being, and health. Bask in the warm wishes and love coming from all sides. You are filled, and overflowing with warmth and love.

2) Sending Loving-Kindness to Loved Ones

Now picture a person that you love, perhaps a relative or a friend. Begin to send the love that you feel back to that person. You and this person are similar. Just like you, this person wishes to be happy and have a good life. Send all your love and warm wishes to that person.

Repeat the following phrase, silently:

Just as I wish, may you live with ease, may you be happy, may you be safe and healthy (repeat 3 times).

3) Sending Loving-Kindness to Neutral People

Now think of an acquaintance, someone you don't know very well and toward whom you do not have any particular feeling. It could be a neighbour, or a colleague, or someone else that you see around but do not know very well. You and this person are alike in your wish to have a good life. Like you, this person wishes to experience joy and happiness in his or her life.

Send all your wishes for well-being to that person, repeating the following phrase, silently:

Just as I wish to, may you live with ease, may you be happy, may you be safe and healthy (repeat 3 times).

4) Sending Loving-kindness to 'Enemies'

Now think of someone that you may not get along with. It may be someone that you have long-standing difficulties with.

Call the difficult person to mind, and be honest about what you feel. There may well be feelings of discomfort. Notice any tendency you may have to think badly of that person, or to deepen the conflict you have with them (for example, by getting into imagined arguments with them), and let go of these tendencies.

Instead, wish them well, repeating the following phrase, silently:

Just as I wish, may you live with ease, may you be happy, may you be safe and healthy (repeat 3 times).

5) Sending Loving-Kindness to All Living Beings

Now expand your awareness and picture the whole globe in front of you as a little ball.

Send warm wishes to all living beings on the globe, who, like you, want to be happy:

Just as I wish to, may you live with ease, may you be happy, may you be safe and healthy (repeat 3 times).

Take a deep breath in. And breathe out. And another deep breath in and let it go. Notice the state of your mind and how you feel after this meditation.

When you're ready, you may open your eyes.