

Loving Kindness Meditation Script

Introduction:

Begin by finding a quiet and comfortable place to sit or lie down. Close your eyes gently, if you feel comfortable doing so. Take a few deep breaths, inhaling deeply through your nose and exhaling slowly through your mouth. Allow yourself to fully relax.

Phase 1: Self-Love and Compassion (5 minutes):

1. Visualize yourself in your mind's eye.
2. Repeat the following phrases, either silently or out loud, with sincerity:
 - May I be happy.
 - May I be healthy.
 - May I be safe.
 - May I live with ease.
3. Imagine feelings of warmth, love, and compassion enveloping you. Allow these feelings to fill your entire being.

Phase 2: Loved Ones (5 minutes):

1. Picture someone you love deeply, someone who brings you joy and comfort.
2. Repeat the following phrases for them:
 - May you be happy.
 - May you be healthy.
 - May you be safe.
 - May you live with ease.
3. Visualize them receiving your well-wishes and experiencing happiness and peace.

Phase 3: Acquaintances (5 minutes):

1. Think of someone you know casually, perhaps a neighbor or coworker.
2. Offer the same wishes for their well-being:
 - May you be happy.
 - May you be healthy.

- May you be safe.
- May you live with ease.

3. Picture them smiling and feeling a sense of well-being.

Phase 4: Neutral Individuals (5 minutes):

1. Bring to mind someone you don't know well or have mixed feelings about.

2. Extend your wishes to them:

- May you be happy.
- May you be healthy.
- May you be safe.
- May you live with ease.

3. Imagine any negative feelings dissipating, replaced by positivity and goodwill.

Phase 5: Challenging Relationships (5 minutes):

1. Now, think of someone you may have conflicts or difficulties with.

2. Offer the same well-wishes, despite any past issues:

- May you be happy.
- May you be healthy.
- May you be safe.
- May you live with ease.

3. Visualize misunderstandings or conflicts resolving, and them experiencing peace.

Conclusion:

Take a few deep breaths, slowly bringing your awareness back to the present moment. When you're ready, open your eyes.