

METTA Meditation Script

Name

Date

Begin by finding a comfortable seated or lying-down position. Close your eyes gently and take a few deep breaths to relax your body and mind. Let go of any tension or stress you may be holding onto. Allow yourself to be fully present in this moment.

Take a moment to set your intention for this Metta meditation. You are here to cultivate feelings of loving-kindness and compassion, both for yourself and for others. This practice is a gift of love you give to yourself and the world.

Visualize yourself sitting or lying down as you are right now. See yourself in your mind's eye, and repeat the following phrases silently or aloud, with sincerity:

May I be happy.
May I be healthy.
May I be safe.
May I live with ease.

Repeat these phrases several times, allowing each one to sink in deeply. Feel the warmth and compassion you're directing towards yourself.

Now, bring to mind someone you deeply care about, someone who fills your heart with love and joy. Visualize this person clearly and repeat the following phrases, directing your loving-kindness towards them:

May [Name] be happy.
May [Name] be healthy.
May [Name] be safe.
May [Name] live with ease.

Imagine your love and good wishes flowing from your heart to theirs.

Think of someone you have a neutral or acquaintance-like relationship with, perhaps a neighbor or a coworker. Visualize this person and offer them the same loving-kindness:

May [Name] be happy.
May [Name] be healthy.
May [Name] be safe.
May [Name] live with ease.

Extend your compassion to include them, just as you did for your loved one.

Now, consider someone you've had difficulties or conflicts with in the past. Try to see their humanity and offer them your loving-kindness:

May [Name] be happy.
May [Name] be healthy.
May [Name] be safe.
May [Name] live with ease.

This step may be challenging, but it can help you release negative emotions and foster forgiveness.

In the final stage, broaden your loving-kindness to encompass all beings, everywhere:

May all beings be happy.

May all beings be healthy.

May all beings be safe.

May all beings live with ease.

Feel the boundless compassion in your heart, radiating out to embrace all living creatures, regardless of their differences.

Take a few moments to bask in the loving-kindness you've cultivated during this meditation. Know that you can return to this practice whenever you need to reconnect with these feelings of Metta. When you're ready, gently open your eyes and carry this loving-kindness with you into the world.

Additional Notes:

