

# Sharon Salzberg's Loving Kindness Meditation Script

## Introduction:

Begin your meditation practice by finding a quiet and comfortable space. Settle into a relaxed posture, either sitting or lying down. Close your eyes and take a few deep breaths to center yourself.

## Stage 1: Self-Compassion

1. Repeat silently or aloud:

- "May I be happy."
- "May I be healthy."
- "May I live with ease."

2. Focus on generating feelings of love and compassion toward yourself. Imagine these affirmations as wishes coming true.

Description:

## Stage 2: Loved Ones

1. Picture a loved one in your mind.

2. Repeat the same affirmations:

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

3. Feel the warmth and love in your heart directed towards your loved one.

Description:

### Stage 3: Acquaintances

1. Think of someone you know casually or an acquaintance.
2. Offer the same wishes:
  - "May you be happy."
  - "May you be healthy."
  - "May you live with ease."
3. Expand your circle of compassion to include this person.

Description:

### Stage 4: Challenging Individuals

1. Now, bring to mind someone you may have difficulties with or conflicts.
2. Extend the same wishes:
  - "May you be happy."
  - "May you be healthy."
  - "May you live with ease."
3. Challenge yourself to find compassion even for those with whom you may struggle.

Description:

### Conclusion:

Take a few moments to sit in silence, breathing deeply and feeling the effects of the practice. When you're ready, open your eyes and return to the present moment.

Description: