

3B

LOVING KINDNESS MEDITATION script

(as in Loving Kindness Meditation video on www.WellbeingSkills.me)

Loving-Kindness Meditation has numerous benefits such as becoming more resistant to illness and anxiety, becoming more self-accepting and gaining more positive feelings towards others.

(add background music)

Sit comfortably in your seat (or lie down) and relax any part of your body that feels tense or stressed. Listen to your own breath as you breathe in and breathe out.

Allow yourself some good wishes:

May I be healthy - May I be happy - May I be wise in my choices

Now bring your mind to a person you care about, someone who inspires you, visualise this person and send them good wishes for a while:

May you be healthy - May you be happy - May you be wise in your choices

Now bring to mind a neutral person, it can be someone in a shop or in the street or far away and wish this person well:

May you be healthy - May you be happy - May you be wise in your choices

Now bring to mind someone you are not getting on with, someone who upsets you (start with someone easy rather than difficult) and for a while wish them well, focus on these good wishes rather than your conflict:

May you be healthy - May you be happy - May you be wise in your choices

Now extend your good wishes to your family and all your friends:

May you be healthy - May you be happy - May you be wise in your choices

Now include your neighbourhood as you send good wishes to each and everyone around you

May you be healthy - May you be happy - May you be wise in your choices

Now let your good wishes extend out into the wider world, into your country, your neighbouring countries, your continent:

May you be healthy - May you be happy - May you be wise in your choices

Continue on radiating good wishes throughout the world to each continent and to each living being on this earth and in this universe

May we be healthy - May we be happy - May we be wise in our choices

You can find a number of loving kindness meditations on YouTube but you can also make up your own words, with your chosen music- find somewhere safe where you can take a few moments to wish everyone well. And carry this on when you wait in the supermarket or sense conflict coming up with your surroundings.