

Giving Yourself Love and Kindness

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



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Try this
meditation practice:
Self-Love.

First,
find a
comfortable place to sit
where you
won't be disturbed.

If you're in a chair,
make your way
to the back of the chair,
to support
your lower back.

Ground both your feet
flat
on the floor.

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Sit upright
with your spine,
neck,
and the crown of your head
pulled skyward.

Gently pull
your shoulder blades
back
and down,
raising your rib cage
slightly.

These small shifts
will create
a true
physical openness
for your heart,
an openness
consistent
with the positive emotions
you aim
to cultivate.

Gently lower your gaze
to reduce
distractions;
if you're
comfortable,
close your eyes.

In this meditation,
you'll hear my voice
followed by
periods of silence.

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In the silence,
continue to say
the phrases of loving-kindness
silently,
to yourself.

We'll begin
and end
by bringing awareness
to the sound
of a chime.

Take a few
deep breaths,
and bring your awareness
to your heart.

Visualize how each
in-breath
affects your heart
physically.

Breathe normally now,
making no special effort
to breathe,
in any particular way.

Continue to
rest your awareness
on your heart.

Consider how each
in-breath
nourishes you
as your heart
drinks in
precious oxygen.

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This passage of oxygen
from the
nearby air,
through your lungs,
and then into
your beating heart
and bloodstream
is the most basic
and constant
connection
between you
and the world
around you.

This simple
act of breathing
knits together
all that is within you
with all that lies
beyond your skin.

Each new breath
creates a unity of life
as all people
share the nourishment
that the earth's atmosphere
freely offers.

Check in now
with how your body is feeling.

Do you have
any aches
and pains?

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Any worries,
or areas of tension,
or are you excited,
caught up in
eager anticipation?

Whatever the feeling,
there's no need
to push it aside.

Pleasant or not,
let that feeling in;
accept it
as part of what
it means
to be you
at this moment.

Meet the feeling
with curiosity
and openness.

Note how it
registers
in your body,
and how those
sensations change
subtly,
from one moment
to the next.

Whether your current
experience
is pleasant,
or unpleasant,
just witness and accept it.

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Whether events
in your life
are presenting you
with good
or bad
fortune
these days,
just witness and
accept
those events;
see them as
part of the
inevitable
ups and downs
that all people
experience.

Just as surely
as all people
face good and bad
fortune,
all people,
all the world over
yearn to feel good,
safe,
peaceful,
and healthy.

Alongside your awareness
of suffering,
and the fundamental sameness
of all people,
you can choose
to wish yourself well;
you deserve this kindness
as much as anyone.

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Begin by lightly
calling to mind
your own good qualities.

Let these qualities
remind you
of what's good in you.

What touches your heart
about yourself?

Then gently offer
the classic wishes
of loving-kindness
to yourself,
choosing phrasings
that best speak
to your heart.

May I feel safe
and protected.

May I feel happy
and peaceful.

May I feel healthy
and strong.

May I live
with ease.

See yourself
as being a dear friend
to yourself.

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It might help
to first imagine
the warmth
and tenderness
you might feel toward
an infant,
or a kitten,
as innocent as
these small creatures
can be.

Experience how your face
softens,
and your heart
expands,
in their presence.

Now,
imagine directing these
same feelings
of warmth
and tenderness
to yourself.

May I feel
safe.

May I feel
happy.

May I feel
healthy.

May I live
with ease.

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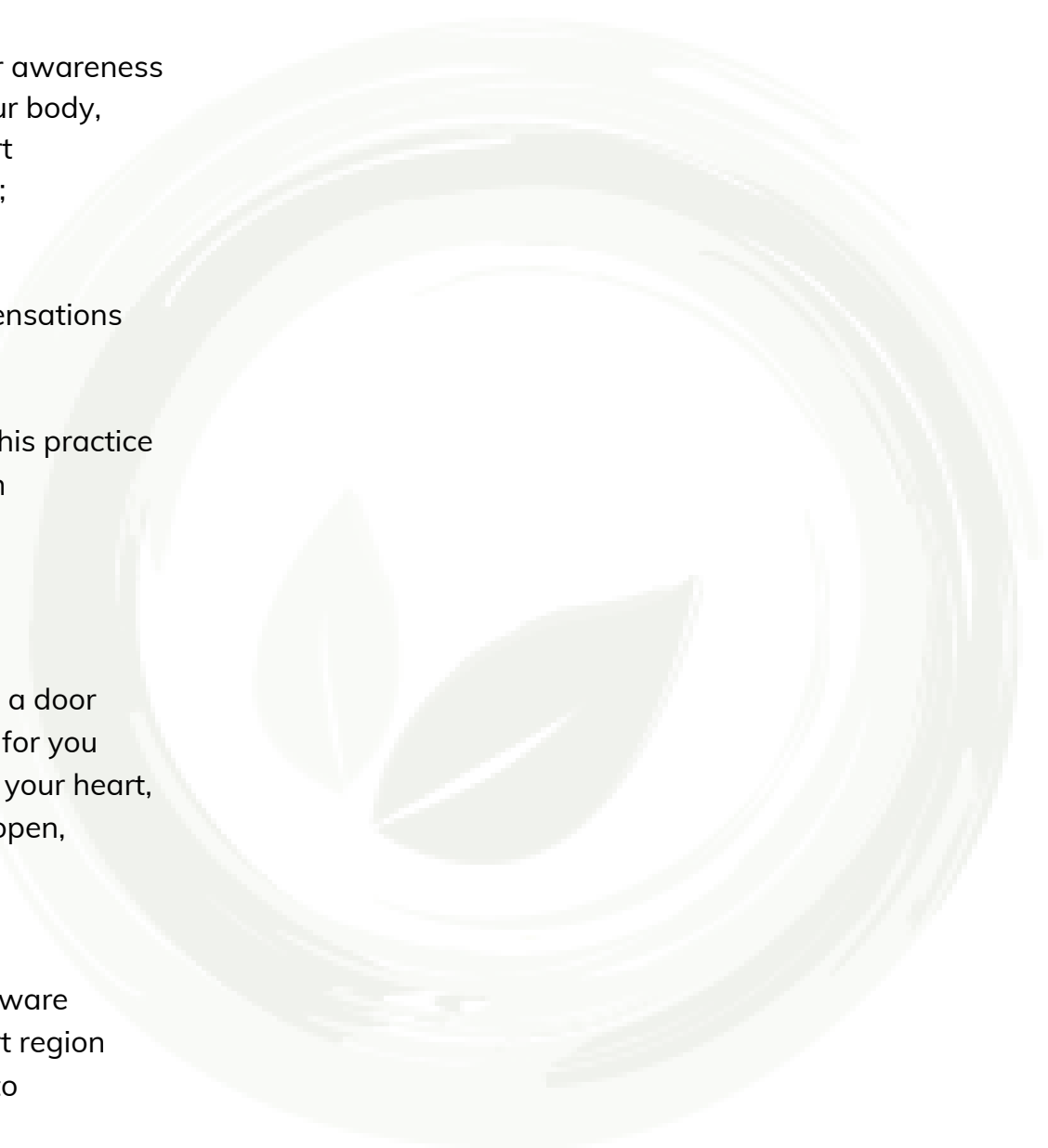
Between each phrase
pause for just
a moment
to drop your awareness
down to your body,
to your heart
in particular;
note
and accept
whatever sensations
arise there.

Know that this practice
is more than
the mere
repetition
of phrases;
the phrases
simply open a door
to a chance for you
to condition your heart,
to be more open,
accepting,
and kinder.

Becoming aware
of your heart region
allows you to
witness
this conditioning
as it unfolds.

May I feel
safe.

May I feel
happy.



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May I feel
healthy.

May I live
with ease.

At times,
you'll find
that your attention
has strayed from the phrases;

this may happen a lot,
don't worry,
it's normal.

Simply begin again
by gently bringing
your awareness
back to the phrases.

There's no need
to berate yourself
for losing your focus.

Each new moment
of beginning again
presents another chance
to experiment
with the spirit
of loving-kindness.

Can you acknowledge
your lapse,
while at the same time
gently returning
to the phrases?

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What would it take
to set aside
all harshness,
and begin again,
with a kind
and loving
attitude towards yourself?

May I feel
safe.

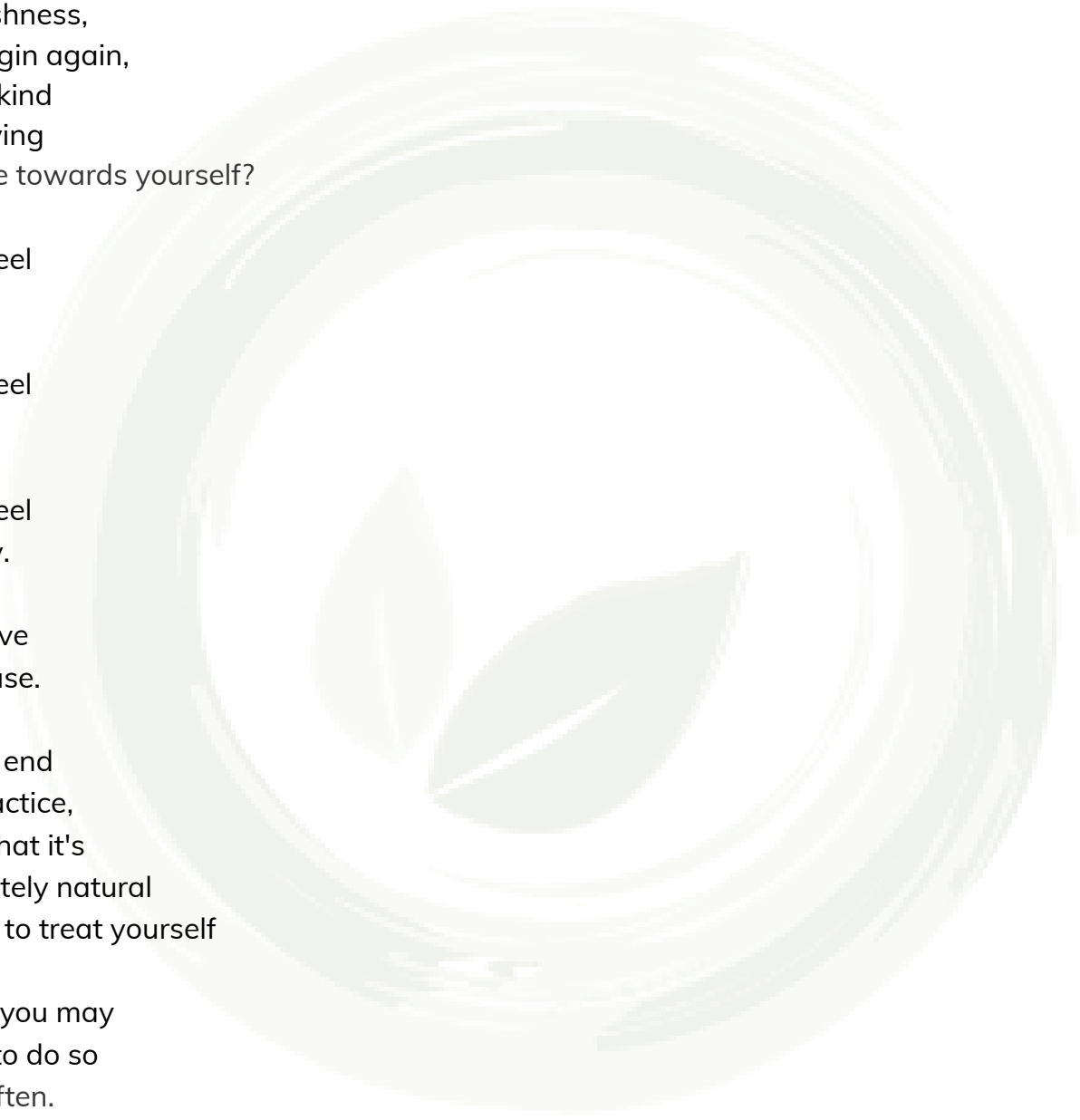
May I feel
happy.

May I feel
healthy.

May I live
with ease.

As you end
this practice,
know that it's
completely natural
for you to treat yourself
kindly,
even if you may
forget to do so
quite often.

Know that you
can generate
this tender,
and loving
attitude towards yourself
anytime,



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just by reminding yourself
that this dance
exists,
and how at ease
it makes you feel.

Difficulties and obstacles
will still arise;
suffering happens,
but you need not add
to that suffering
by treating yourself
harshly.

You can instead
offer the ancient
wishes
of loving-kindness
to yourself.

