

Visualizing Receiving Love and Care

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



Feel the Love

This practice offers an alternate way to allow ourselves to be cared for.

We will work with a technique of visualization in receiving love and care.

This will help you cultivate the capacity to accept love and recognize your innate worthiness.

As you find a comfortable posture and allow the eyes to close, make a special effort to bring kindness to your practice today.

Relax the body and let the mind be at ease.

Bring to mind a person who cares for you.

It may be a family member, a good friend, or a mentor of some kind.

Picture this person standing in front of you, offering you phrases of loving-kindness.

Your job is simply to receive their wishes.

Continue receiving these intentions for five minutes.

Add another person who cares about you into the mix.

Visualizing Receiving Love and Care

Guided Meditation Script

Visualizing Receiving Love and Care

Accept the wishes of well-being from these two individuals, allowing their care and love to land deeply in your consciousness.

After a few minutes, bring in a third individual.

Continue bringing others in slowly until you have a group of people in front of you, offering you words and feelings of kindness.

Try to accept these wishes with an open heart.

When you come to the end of your practice, bring your own gentleness and care into your experience.

Open the eyes slowly, and make your way back into daily life with patient kindness.

