

# Loving-Kindness Meditation (LKM) Script

Let's start by settling into a comfortable position. Close your eyes if it feels comfortable, or keep them softly focused on a point in front of you. Take a few slow, deep breaths, giving yourself permission to be present for the duration of this meditation.

[Brief pause]

Let's start by directing feelings of loving-kindness towards yourself. Repeat these phrases while visualising yourself feeling content:

- May I be happy
- May I be healthy
- May I be free from suffering

[Prolonged pause]

It's okay if you feel slightly uncomfortable. Remember, the practice of loving-kindness isn't about forcing certain feelings. It's about gently cultivating an attitude of friendliness towards yourself.

[Brief pause]

Next, bring to mind someone in your life who you're grateful for. It could be a friend, a partner, a pet, or even a public figure. Visualise their face and smile. As you hold them in your mind, repeat the following phrases:

- May you be happy
- May you be healthy
- May you be free from suffering

Lean into the love and compassion you feel for them. Visualise them being at peace.

[Prolonged pause]

Now, shift your focus to someone you have neutral feelings towards, like a neighbour or a coworker. Visualise their face and repeat the same phrases:

- May you be happy
- May you be healthy
- May you be free from suffering.

[Prolonged pause]

Next, bring to mind someone who you have somewhat challenging feelings towards. As you visualise this person, remind yourself that they, like you, are a human being with their own struggles. Repeat the phrases:

- May you be happy
- May you be healthy
- May you be safe
- May you live with ease

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[Prolonged pause]

If it feels appropriate, consider extending forgiveness towards this person. Remember that forgiveness isn't about condoning someone's actions – it's about releasing yourself from the burden of anger.

[Brief pause]

Cultivate compassion towards yourself as you extend this forgiveness. Acknowledge any pain that you've experienced as a result of the person's behaviour, and recognise that you deserve to be free from that suffering.

[Prolonged pause]

Whenever you're ready, gently return your focus to your breath and the present moment.

[Brief pause]

Notice how it feels to have cultivated kindness and compassion.

[Brief pause]

Now, gently wiggle your fingers and toes.

[Brief pause]

Give your body a gentle stretch, and slowly open your eyes.