

1. What is Loving Kindness Meditation? ♦

Loving-kindness meditation, also known as "Metta" Meditation is a type of meditation that involves cultivating feelings of kindness and compassion towards oneself and others.

The goal of this meditation is to develop a sense of love and compassion for all beings, including oneself and others, and to reduce negative emotions such as anger, hatred and jealousy.

During loving-kindness meditation, the individual sits in a comfortable position, closes their eyes and focuses on their breath. They then silently repeat phrases of loving-kindness, such as "may I be happy, may I be healthy, may I be safe, may I be at ease."

They then expand the phrases to include others, such as "may you be happy, may you be healthy, may you be safe, may you be at ease."

The phrases can also be directed towards specific people, groups of people, or even towards all beings.

Loving-kindness meditation can be helpful in improving relationships, reducing stress, and increasing overall well-being. It can be practiced by anyone, regardless of religious or spiritual beliefs.

It can be done in a seated position, lying down or even walking, it can be practiced for a few minutes or for an hour. It's a non-religious, non-invasive and easy to practice form of meditation.

Loving Kindness Meditation Script

By Rene Bastarache, CI

SCRIPT BEGINS HERE:

Begin by finding a comfortable and quiet place to sit or lie down. Close your eyes and take a deep breath in through your nose, and exhale out through your mouth.

Begin by directing loving-kindness towards yourself. Repeat the following phrases silently to yourself:

"May I be happy."

"May I be healthy."

"May I be safe."

"May I be at ease."

"I accept myself as I am."

"I am worthy of love and compassion."

"I forgive myself for past mistakes and learn from them."

Next, direct loving-kindness towards someone you care about. Repeat the following phrases silently to yourself, visualizing the person in front of you:

"May you be happy."

"May you be healthy."

"May you be safe."

"May you be at ease."

"I accept you as you are."

"I care for you and want your well-being."

"I forgive you for past mistakes and wish you to learn from them."

Expand the circle of loving-kindness to include people you don't know or have had conflicts with.

Repeat the following phrases silently to yourself, visualizing those people in front of you:

"May you be happy."

"May you be healthy."

"May you be safe."

"May you be at ease."

"I accept you as you are."

"I wish you well, even though I may not know you."

"I forgive you for any past conflicts and wish for us to resolve them."

Finally, extend loving-kindness to all beings, including animals and the natural world. Repeat the following phrases silently to yourself, visualizing the world around you:

"May all beings be happy."

"May all beings be healthy."

"May all beings be safe."

"May all beings be at ease."

"I accept all beings as they are."

"I wish well-being for all beings, everywhere."

"May we all live in harmony and peace."

Take a deep breath and release any thoughts or feelings that may have come up during the meditation. When you are ready, slowly open your eyes and return to your day.

It's important to remember that Loving Kindness meditation is a practice, and it can take time to develop the skill. It's also important to be patient with yourself and to not judge yourself for any thoughts or feelings that may have come up during the meditation.

The key is to focus on the phrases and the intention of sending love and compassion to oneself and others.