

LOVINGKINDNESS MEDITATION

Before you begin, please create your safe space- use a blanket, mat or chair to find a comfortable position. If able, please take the time to make yourself comfortable. Comfort is important and necessary nourishment!

Begin with several rounds of relaxation breath (4-7-8 breath) to allow yourself to fully arrive in the space/practice.

Loving Kindness Meditation Script:

*Note: It is recommended to record yourself reading the script, have it read to you, or to listen to the meditation on Skyterra Interactive rather than trying to read during your meditation practise.

In this meditation on lovingkindness, we turn our attention from the outside world, inward toward ourselves. We switch modes from human doing (the fast pace we have been in, completing tasks, running errands, planning all the to-dos) to human-being mode. To simply being. Allowing ourselves to begin softening, and slowing down, creating stillness. As your body becomes still, pelvic floor grounded beneath you, sending your breath all the way to the crown of your head. Neck is long and shoulders soften away from your ears. Notice any spots in your body where there may be clinging, or gripping. Soften those places with your breath. Soften your belly, your jaw, the space between your eyes. Let your cheeks feel hollow and loose beneath the cheekbones. release the root of the tongue. Feel the muscles drop away from the bones. Let the bones feel heavy, skin loose. Bring your attention to the fact that you are breathing. Notice the quality of the breath. Become aware of the movement of your breath as it comes into your body and as it leaves your body. Not manipulating the breath in any way or trying to change it. Simply being aware of it and of the feelings associated with breathing. And observing the breath deep down in your belly. Feeling the abdomen as it expands gently on the inbreath, and as it falls back towards your spine on the outbreath. Being totally here in each moment with each breath. Not trying to do anything, not trying to get any place, simply being with your breath. Giving full care and attention to each inbreath and to each outbreath. As they follow one after the other in a never ending cycle and flow. If distracting thoughts arise, acknowledge them, then return to the practice. The mind wanders, notice where it goes and gently escort back to the breath. Imagine it breathing through the center of your chest, your heart center. Feel that energy in your heart center. And now bringing to mind yourself. Offering ourselves compassion first, as it's often difficult loving someone else truly without first loving ourselves. Seeing if you can offer lovingkindness to yourself now, by letting these words become your words...

May I be happy

May I be healthy

May I ride the waves of my life

May I live in peace

No matter what I am given
May I be at ease.

And noticing the feelings that arise and letting them be, as you look within yourself with mindfulness and equanimity. And now bringing to mind someone for whom you have deep feelings of love. Seeing or sensing this person and noticing your feelings for them arise in your body. It may be simply a smile that spreads across your face, or your chest becomes warm. Whatever the effects, allow them to be felt.

Now letting go of this person in your imagination, and keeping in awareness the feelings that have arisen. When you are comfortable, try offering lovingkindness to someone who supports you, who has always “been on your side.” Bringing this person to mind, imagining them perhaps across from you, and letting these words become your words...

May you be happy
May you be healthy
May you ride the waves of your life
May you live in peace
No matter what you are given
May you be at ease.

Once your feelings flow easily to a loved one, turn your attention now to someone with whom you have difficulty - it’s best not to start with the most difficult person, but perhaps someone who brings up feelings or irritation or annoyance. Perhaps there is someone you are struggling with at work, or someone who you just can’t seem to see eye to eye with. And seeing if you can let these words become your words as you keep this person in awareness...

May you be happy
May you be healthy
May you ride the waves of your life
May you live in peace
No matter what you are given
May you be at ease.