Loving Kindness Meditation Script

Kind wishes for yourself, then outward to others.



WHY IT HELPS

Loving kindness meditation means silently repeating warm wishes, first for yourself and then for others in a widening circle. It can soften harsh self talk and help you feel more connected.

HOW TO USE IT

Phrases	Choose four wishes that feel true.
Practice	Use the short or long script.
Log	Rate how kind you feel toward yourself.

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Change the words until they feel true. Start with someone easy to love if you find it hard.

1 Hector's phrases

Age 61, after a stroke

May I be patient with my body. May I take this one day at a time.

May I feel safe. May I be at ease.

2 Two weeks of practice

Kind to myself, 0 to 10

DAY	SCRIPT	STARTED WITH	KIND TO MYSELF	ONE WORD
1	Short	Granddaughter	3	Awkward
3	Short	Granddaughter	4	Softer
4	Short	Myself	4	Hard
7	Long	Myself	5	Calmer
10	Long	Myself	5	Lighter
14	Long	Myself	6	Steady

3 Notes

WHAT WAS HARD

Wishing myself well felt fake, so I started with my granddaughter for three days.

WHAT CHANGED

From 3 to 6 in two weeks. I snap at Rosa less.

BEST TIME

After my morning physio exercises, on the porch.

NEXT

Try the someone neutral step with my physio.

Phrase builder

Choose about four wishes, or write your own. Change the words until they feel true for you today.

PICK OR ADAPT

- [ ] May I feel safe
- [ ] May I be at ease
- [ ] May I be patient with myself
- [ ] May I rest when I need to
- [ ] May I meet today with care
- [ ] May I be free from fear
- [ ] May I accept what I cannot change
- [ ] May I feel cared for

MY OWN WISHES

WHO I WILL INCLUDE

Me

Someone I love

Someone neutral

Someone hard (optional)

Everyone

Short script, five minutes

Read it through once, then follow it with your eyes closed or open. Use your own phrases from page three.

1 **Settle**

Sit comfortably and let your breath settle into its natural rhythm. Bring yourself to mind, just as you are today.

2 **You**

Silently offer yourself your wishes, one phrase per breath. About one minute.

3 **Someone you love**

Picture someone you love and see their face. Offer them the same wishes. About one minute.

4 **Everyone**

Widen the circle to people near you, people far away, all of us. Offer the wishes once more. About one minute.

5 **Close**

Rest for one breath, notice how you feel, then open your eyes.

MY PHRASES TODAY

HOW I FELT BEFORE

HOW I FELT AFTER

Long script, twelve minutes

For a quiet time when you have more space. Skip the hard person step whenever you like.

1 **Settle**

Take a few slow breaths. Bring to mind someone who has been kind to you and notice any warmth that comes.

2 **You**

Turn that warmth toward yourself. Offer your wishes slowly, one per breath. If this feels hard, that is all right. About two minutes.

3 **Someone you love**

Picture someone you love. Offer them your wishes. About two minutes.

4 **Someone neutral**

Picture someone you see often but hardly know, like a neighbor or a cashier. They want to be well too. About two minutes.

5 **Someone hard**

Only if you choose, picture someone a little difficult. Offer the wishes you can. About two minutes.

6 **Everyone**

Widen to your home, your street, your town and the world. Rest here for a while.

7 **Close**

Return to yourself for one last round of wishes, then open your eyes.

MY PHRASES TODAY

HOW I FELT BEFORE

HOW I FELT AFTER

Practice log

After each practice, rate how kind you feel toward yourself from 0 (not at all) to 10 (very) and add one word.

DAY	SCRIPT	STARTED WITH	KIND TO MYSELF	ONE WORD

Kindness review

Look back after two weeks.

PHRASES THAT FELT TRUE

CHANGE IN HOW I TREAT MYSELF AND OTHERS

FOR MY NEXT APPOINTMENT

What I want to raise with my doctor or care team.

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