

Loving kindness meditation

An original beginner script

A secular beginner adaptation, not a translation of a traditional text. Read slowly. Every stage is optional; you may keep your eyes open, skip a stage, or stop. Suggested pauses are included below.

1. Arrive where you are

Choose a position that feels supported. Let your hands rest somewhere comfortable. You can leave your eyes open and look at an ordinary object in the room.

Notice where your body meets the chair or floor. Let your breathing follow its own pace. There is nothing you need to make happen during these few minutes. You may pause or stop whenever you choose.

Pause for about 5 seconds.

2. Begin with someone easy to wish well

Think of a person or animal toward whom goodwill comes fairly easily. A name or a simple thought is enough; you do not need a clear picture.

Offer these wishes quietly, leaving a little space between them.

May your day include kindness. May you have support when you need it. May you find a little room to rest.

You do not need to check whether the words produce a feeling. For now, you are simply offering them.

Pause for about 8 seconds.

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Include yourself, then finish at your own pace

3. Include yourself, if that feels workable

See whether you can make room for yourself in those wishes. You can use your own name, or silently say I. If this part is uncomfortable, stay with the person or animal you chose.

May my day include kindness. May I have support when I need it. May I find a little room to rest.

A distracted or uncertain response does not need correcting. Return to one phrase if you want to.

Pause for about 8 seconds.

4. Let the circle widen, or stay where you are

If you wish, include someone familiar whom you do not know well. Or keep your attention with your first person. There is no need to bring a difficult relationship into this practice.

May our days include kindness. May we have support when we need it. May we find a little room to rest.

Pause for about 8 seconds.

5. Return to the room

Let the phrases end. Notice a sound nearby and the surface supporting you. Look around at your own pace.

Choose what comes next: perhaps a drink of water, a stretch, or returning to your day. The practice can finish here.

Pause for about 2 seconds.