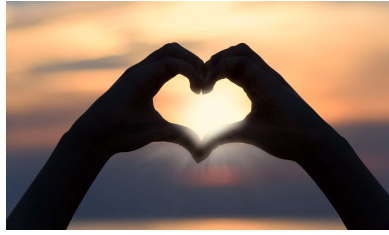


Guided Loving-Kindness Meditation



Find a comfy position to sit or lie in. Take 3 deep breaths and on the last breath gently close your eyes. Now, breathe normally.

As you lie here, bring to mind someone special to you, someone who you are thankful for. It might be a parent, grandparent, friend, teacher, or a neighbour. Imagine what they look like, what are they doing when you think of them? What is it about this person that makes you happy? What is special about this person? Notice that as you think of this special person a feeling of warmth and love starts to grow in your body. Let that feeling grow and wash over you like waves over pebbles on a beach.

Repeat silently to yourself:

May I be well, healthy and strong.

May I be happy.

May I be at peace.

Now bring to mind that special someone again and send them the feelings of warmth and love from inside you by repeating silently to yourself:

May you be well.

May you be happy.

May you be at peace.

Next bring to mind someone who got to you this week, perhaps irritated you or upset you a bit. Perhaps a friend who did something that bothered you, or a teacher who annoyed you. Don't think about what they did, but instead try to send them these feelings of warmth and love to wish them well:

May you be well.

May you be happy.

May you be at peace.

Send that loving-kindness feeling to everyone in your street, town, the country and the world by repeating silently:

May you all be well,

May you all be happy,

May you all abide in peace,

Now, bring your attention back to yourself and that warm feeling of loving-kindness inside you. Notice it grow so it fills your whole body from the top of your head to the tips of your toes. Slowly let the feelings of loving-kindness ease and return once again to focusing on just your breathing and when you're ready slowly open your eyes.