

Guided Lovingkindness Meditation Script

Jack Kornfield

Sit comfortably and let your eyes close gently. Take a few slow breaths, feeling your body settle into stillness. Let the weight of your concerns fall away for these next few minutes. There is nothing you need to do, nowhere you need to be. Simply arrive here, in this breath, in this moment.

Now bring to mind someone you love dearly—a person or being whose presence naturally brings warmth to your heart. It might be a child, a dear friend, a partner, a grandparent, or even a beloved animal companion. See them in your mind's eye. Feel the tenderness that arises when you think of them.

Holding this person gently in your awareness, begin to offer them these wishes of lovingkindness:

May you be filled with lovingkindness.

May you be safe from inner and outer dangers.

May you be well in body and mind.

May you be at ease and happy.

Repeat these phrases slowly, letting each one land in your heart like a pebble dropping into still water. If your mind wanders, simply return to the phrases and to the image of your loved one. There is no need to strain or force a feeling. Just plant the seeds of kindness.

Now, gently turn these same phrases toward yourself. You might picture yourself as you are right now, sitting here in meditation, or you might see yourself as a young child—small, vulnerable, deserving of love.

May I be filled with lovingkindness.

May I be safe from inner and outer dangers.

May I be well in body and mind.

May I be at ease and happy.

If feelings of unworthiness or resistance arise, that is okay. Simply notice them with compassion and return to the phrases. You are learning to be a friend to yourself.

Now expand the circle outward. Bring to mind a neutral person—perhaps someone you see regularly but don't know well. Offer them the same phrases. Then, if you feel ready, include a difficult person. You are not excusing their actions—you are freeing your own heart.

Finally, let your lovingkindness expand in all directions, like light radiating from a candle, reaching all beings everywhere:

May all beings be filled with lovingkindness.

May all beings be safe.

May all beings be well.

May all beings be at ease and happy.

Now let go of the words. Let go of the images. Simply rest in whatever openness and warmth is present. Become a beacon of lovingkindness, shining in all directions. Sit quietly for a few moments, breathing naturally.

When you are ready, gently open your eyes. Carry this lovingkindness with you into the rest of your day.