Sleep Meditation - Compassion for Friend

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

☐ Thoughts? ☐ Heart? ☐ Body? ☐ None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life

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Welcome back to another guided sleep meditation.
In today's practice we'll be focused on the cultivation of compassion.
Sending care for those who are suffering or experiencing difficulty in their life.

So, taking some time to get settled.
Finding a comfortable position, perhaps on your back or on your side however feels most comfortable for you.
Finding a place you can be relatively still.

Softening the belly.
And perhaps taking a few deep breaths just at your own pace.
And allowing your breath return to its natural rhythm.
Letting the body breathe itself.

And for this practice of compassion today, starting with bringing to mind someone from your life who you care about and you know that they're experiencing some difficulty.

So, this might be a good friend or a relative or a teacher or a mentor.
But you know that they're experiencing some pain or difficulty, some emotional distress.

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I'd recommend choosing someone who is not going through the most traumatic experience.
Something around a level 5 or 6 out of 10.
So, some difficulty that is real but not something overwhelming.

So, taking some time to reflect on this person.
And bring an image of this person into your mind.
Maybe they're going through financial difficulty or a breakup.
Maybe they're feeling lonely, overwhelmed, insecure.
Just noticing what is the emotion that they might be feeling.

You may find it helpful to imagine the scenario that is causing them this distress.
And then reflecting on your care for this person.
Reflecting on the fact that you just wish well for this friend.

You want to see them happy.
You want to see them feeling safe and secure.
And noticing where in your body you feel that sense of care.

And to practice this compassion meditation, we can send phrases of compassion.
So, thinking of this person, bringing them into your mind.
And silently in your mind repeating these phrases:

I care about your pain.

I care about your suffering.

May you be free from pain and suffering.

May you be at peace.

Going through the phrases again, reflecting on this person.
You can just imagine saying these phrases to this friend of yours.

I care about your pain.

I care about your suffering.

May you be free from pain and suffering.

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May you be at peace.

See if you can visualize this person receiving your compassion.
Knowing what it feels like to be cared for in a difficult time.
Can you envision the look of relief on this person's face as they receive your care and support.

If you find it helpful, you can imagine yourself sitting with this person and holding their hand or perhaps giving them a hug.
Simply letting them know that you care about the pain and suffering that they're experiencing.

And allowing the image of this person to fade away.
As you call to mind another person who has been experiencing difficulty recently.
This can be a friend, a mentor or a coach, a relative.

Or it might be someone more neutral.
Maybe you saw someone experiencing painful physical sensations recently.
Just bringing to mind someone in a state of pain or suffering.
Someone who is easy to care about.

See this person's face in your mind's eye.
And reflect on what type of emotion they might be experiencing.
Loss or grief, frustration, stress, confusion, pain.

And in this meditation we simply send our care.
We let this person know that we care about their suffering.
So, repeating the phrases just quietly in your mind.
Making a sort of mantra of the phrases.

I care about your pain.

I care about your suffering.

May you be free from pain and suffering.

May you be at peace.

You might imagine yourself sitting with this person holding their hand.

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I care about your pain.

I care about your suffering.

May you be free from pain and suffering.

May you be at peace.

Knowing that at your heart, you do care for this person's well-being.
Exploring and getting curious about what does that feel like to care for someone in pain.

Bringing your attention to the center of your chest.
Feeling the warmth that is generated from this practice.
And if you wish, you can continue to silently repeat the phrases.

I care about your pain.

I care about your suffering.

May you be free from pain and suffering.

May you be at peace.

Continue as long as you like.
Allowing yourself to drift off to sleep.