Sleep Meditation - Metta Friends

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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So, once again finding a nice comfortable posture, settling into your bed.
Taking any adjustments you need to find the place of stillness. Letting the body settle.

And today we'll be continuing with this practice of loving-kindness.
Cultivating a well-wishing for those around us and those in our life.

So, just a reminder, we'll be repeating these phrases of loving-kindness.

There are four phrases:

May you be happy and peaceful.

May you be healthy and strong.

May you feel safe and protected.

May you live with ease and well-being.

And those are the phrases offered but you're more than welcome to adjust the phrases in any way you like.
Finding what works for you and what feels authentic and genuine.

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And so, starting with just a few deep breaths.
Breathing in deeply, breathing out slowly.
One more deep breath in, filling the lungs completely and a deep breath out, fully relaxing and surrendering.

And calling to mind as we did in the previous meditation, a benefactor.
Someone who has helped you out in life and who you have an easy relationship with.

And you can choose the same person as yesterday or you can pick someone new.
And you're more than welcome to pick someone who you don't know personally.

It might be a religious figure or a historical figure or even a fictional character.
Just bringing to mind someone who you admire, and you feel that if they knew you they would care for your well-being.

So, visualizing their face in your mind's eye. Imagine them being here in the room with you.
Just caring for you.
Feeling their care for you.
Knowing that they just want you to be well and happy.

And sending that back towards them repeating the phrases in your mind.
Using the phrases as a form of meditation.
So, with each phrase, dropping into the intention, the feeling.

My dear friend,

May you be happy and peaceful.

May you be healthy and strong.

May you feel safe and protected.

May you live with ease and well-being.

See if you can visualize these events coming true for this person.
Can you imagine them living a happy life.
Going through the phrases again.

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May you be happy and peaceful.

May you be healthy and strong.

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Perhaps also visualizing this person receiving your loving-kindness.
As if they were receiving a gift from you.
Again, working through the phrases.

May you be happy and peaceful.

May you be healthy and strong.

May you feel safe and protected.

May you live with ease and well-being.

And seeing the look of gratitude on their face as they receive your kindness.
And then saying goodbye to this person and letting them fade out of your mind.

And calling to mind a new person.
Perhaps a friend or another benefactor.
Someone who you care about.

When you think of this person they just make you smile.
You have an easy relationship with this person.
So, calling an image of this person into your mind.

And just knowing that they could also use your loving-kindness and it would benefit them.
So, repeating the phrases as you imagine them coming true for this person.

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My dear friend,

May you be happy and peaceful.

May you be healthy and strong.

May you feel safe and protected.

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With each phrase, just dropping into what this might look like in this person's life.
What would it look like for them to feel safe and protected wherever they go.
So, moving through the phrases.
Again, bringing this person into your mind.

May you be happy and peaceful.

May you be healthy and strong.

May you feel safe and protected.

May you live with ease and well-being.

Perhaps including a visualization of seeing this person receive your wishes of kindness.
Can you see the gratitude on their face.
Can you see how it has made a difference in their life just to know that they are cared for.

And letting the image of this person fade away and bringing your attention to your body.
Just noticing the effects of practicing this loving-kindness.
Noticing any warmth or vibration in your chest.
When you send loving-kindness, where do you feel it and what do you notice.

And then releasing all tension from the body.
Letting go of the phrases and allowing yourself to gently come to a place of rest.