Sleep Meditation - Metta Friends and Self

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, welcome to another guided sleep meditation.
And again tonight, we'll be focused on loving-kindness and cultivating this well-wishing.

So, taking some time settling into your bed.
Perhaps we can start of with a few deep breaths.
So, breathing in deeply and breathing out slowly.
Another deep breath in, filling the lungs with air.
And a deep breath out, allowing all the muscles of the body to relax.

And today we'll be continuing this exploration of loving-kindness.
We'll be expanding the area of where we share our loving-kindness.
And today we'll be including yourself to learning how to send these well-wishes in your own direction as well.

We can start off with again thinking of an easy person.
Someone who you have a very simple and uncomplicated relationship with.
When you think of this person there's just a feeling of warmth and goodwill.

You feel a sense of caring for this person and being cared for.
You can use the same person that you've used in the previous meditations or perhaps choosing a new person.

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But whoever it is, just bringing them into your mind's eye.
Seeing their face.
Imagining them smiling at you.
Or remembering a time when they made you laugh or made you feel supported or cared for.

And connecting with the intention just to send good wishes for this person.
Connecting with the phrases of loving-kindness and sending them in their direction.

May you dear friend 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 don't worry too much about whether or not you really feel the loving-kindness but just allowing yourself to repeat the phrases.
Dropping into the phrases and setting the intention to wish well.
It may feel mechanical at first but just allowing the phrases to just unfold.

So again, going 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 perhaps letting the phrases go and just connecting with the idea of caring for this person.
Getting behind that feeling, I care for you.

May you truly be well.

May you live a happy life.

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May you feel safe.

And seeing your well wishes being received by this person.
Imagining them sending their gratitude for you.
And letting the image of this person fade away.

Next, calling to mind a neutral person.
So, someone from your life who you see but you don't have any strong feelings towards one way or the another.

So, it might be some who works at a café that you go to.
Someone in your workplace.
Maybe the cashier at your grocery store.
Someone who you see from time to time but don't have a strong feeling towards or against.

And bringing this person into your mind.
Seeing them clearly and sending them your well-wishes knowing that they could use the support as well.

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 reflecting on this person's life, knowing that just like you they have family and friends.
They have difficulties and pains and emotions.
So, sending your loving-kindness.

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.

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Perhaps imaging them saying thank you and seeing the genuine look of gratitude on their face.
Letting them fade into the background.

And now bringing an image of yourself into your mind, knowing that you are just as deserving of these wishes of loving-kindness as anyone else in the whole world.

So, bringing an image of yourself into your mind's eye.
And as you go through the phrases just connecting with that sense of caring for yourself.

May I be happy and peaceful.

May I be healthy and strong.

May I feel safe and protected.

May I live with ease and well-being.

And just noticing how it feels to wish this kindness towards yourself.
Notice if it feels easy or uncomfortable.
And perhaps letting go of the phrases and just connecting with that sense of wishing yourself a happy life.

I care for myself.

May I too have a happy life.

May I have a life of health.

May I feel safe.

And may I live with ease.

Then allowing those feelings to fade into the background, as you allow yourself to settle into stillness.
Allowing the mind to come to rest and allowing the body to rest.