



Loving Kindness Meditation Script & Worksheet

Loving Kindness Meditation (LKM) is a mindfulness-based meditation that helps us cultivate compassion, kindness, acceptance and love, for ourselves and all others. By directing caring feelings towards oneself and others, the aim of LKM is to develop a state of unconditional kindness as well as an appreciation of our oneness with others, recognising that all beings including ourselves have the desire for happiness and peace.

Loving Kindness Meditation has been shown to assist in counteracting the challenges faced by carers and those taking on a caring role. (Boellinghaus, Jones & Hutton, 2014). It has the capacity to reduce distress fatigue and burnout for carers by helping to maintain overall wellbeing, and has been shown to help strengthen the relationship between carer and those they care for.

Below, we have included a Loving Kindness Meditation Script to practice with. If you wish, we have also included some questions to help you reflect and gain insight upon your meditation.

Lived Experience Telephone Support Service

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Loving Kindness Meditation Script

Begin by getting yourself comfortable. Allow yourself to switch from your usual mode of doing to non-doing, to simply being. Connect with your body and bring your attention to your breathing.

Follow your breath as it comes in, and then out of your body, without trying to change it. Simply be aware of it, and any feelings associated with it. Give full attention to each in breath and then to each out breath.

Being total here in each moment with each breath. If distracting thoughts arise acknowledge them without becoming involved and return to the practice.

Take a moment now to consciously set an intention for this practice, some examples are: "to open my heart", "to cultivate loving-kindness", "to care for myself" (Sharpio & Carlson, 2009)

Bring to mind a person or a pet for whom you are happy to see and have deep feelings of love.

Imagine or sense this person or pet, noticing the feelings you have for them arise in your body. It may be a smile that spreads across your face it may be a warmth in your body. Whatever it is, allow it to be felt.

Let go of this person or pet and continue to keep in awareness the feelings that have arisen. Bring to mind now, and see if you can offer loving kindness to yourself, by letting these words become your words:-

**May I be safe
May I be happy
May I be healthy**

**May I live in peace, no matter what I am given
May my heart be filled with love and kindness.**

Notice the feelings and sensations that arise and let them be. Now try offering loving kindness to someone who supports you.

Bring that person to mind and let these words become your words:

**May you be safe
May you be happy
May you be healthy**

**May you live in peace, no matter what you are given
May your heart be filled with love and kindness.**

Notice the feelings and sensations that arise and let them be. Once feelings for a loved one flow easily, turn your attention to someone with whom you have difficulty. It is best not to start with the most difficult person, but someone who brings up feelings of slight annoyance or irritation. See if you can let these words become your words as you keep this person in awareness.

**May you be safe
May you be happy
May you be healthy**

**May you live in peace, no matter what you are given
May your heart be filled with love and kindness.**

Notice the feelings and sensations that arise, and see if you can just allow them, and let them be.

Now bring to mind the broader community of which you are a part of. Imagine your family, your colleagues, your neighbours: fan out your attention until you include yourself in this offering of loving-kindness as you let these words become your words:

**May we be safe
May we be happy
May we be healthy**

**May we live in peace, no matter what we are given
May our hearts be filled with love and kindness.**

Notice the sensations and feelings that arise within you. Sit with them for a few moments until you are ready to end the practice.

Adapted from:

Jon Kabat-Zinn (n.d), Mindfulness meditation, CD series 3, retrieved from <http://mindfulnesshamilton.ca/meditation-scripts>

Sharpio, S., & Carlson, L. (2009). Mindfulness and Self-Care for Clinicians The Art and Science of Mindfulness: Integrating Mindfulness into Psychology and the Helping Professions: American Psychological

How did you feel when you connected with your body and brought your attention to your breathing? What kind of feelings did you have?

If any distracting thoughts arose, what were they? Were there any common themes between your thoughts?

What kind of person or pet did you bring to mind that makes you happy and that you have deep feelings of love for?

When you thought of this person or pet what kind of feelings did you feel arise in your body?

What person did you imagine that you have difficulty with? How did imagining them make you feel?



What kind of feelings and sensations arose after you wished this person kindness, safety, and health?

How did you feel when you offered your loving kindness to the broader community?

What feelings and sensation arose when you included yourself in your loving kindness?

Cut or tear to keep a copy of the script below as a reminder

May I be safe

May I be happy

May I be healthy

May I live in peace, no matter what I am are given

May my heart heart be filled with love and kindness