

# Loving Kindness Script

This exercise is called, loving kindness, to start Sit mindfully, with your spine straight and body relaxed.

you are invited to close your eyes or keep them at a soft low gaze.

Let's take a couple mindful breaths to settle in

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\*B\*

Next I invite you to Hold your hand over your heart and repeat to yourself, maybe in your mind:

"May I be happy.

May I be safe.

May I be peaceful.

May I be kind."

\*B\*

Now think of a friend or family member. Picture them in your mind. And imagine saying this to Them:

"may you be happy. May you be safe. May you be peaceful. May you be kind."

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\*B\*

Now imagine someone you don't know very well yet. Maybe imagining somebody you passed by on the street or in the hallway or somebody that works at the store and repeat to yourself:

"may you be happy. May you be safe. May you be peaceful. May you be kind."

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Now imagine, yourself, the family member and other person you brought to mind and say to yourself:

"May you all be happy. May you all be safe.

May you all be peaceful. May you all be kind.

\*B\*

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Continue your day knowing that everyone wants to be happy just like you.

