

Wishing Ourselves and Others Well

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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Let's begin by taking a moment to settle your body into a comfortable position (3 seconds). You may close your eyes or if you would like keep them slightly open with a soft focus looking downward a few feet in front of you (2 seconds).

Allow your spine to lift and your shoulders to soften (2 seconds).

Today we will practice wishing ourselves and others well (2 seconds).

This can help us to improve our sense of connection to others and even bring happiness for ourselves (2 seconds).

Taking a full breath in (2 seconds) and a long slow breath out (2 seconds).

Bring to mind someone that you care about (2 seconds).

Imagine them well and happy (2 seconds).

Say to yourself, "May they be well, may they be happy." And whatever other wishes you have for them, say them now (5 seconds).

Bring to mind someone else that you care about. Imagine them well and happy. Say to yourself, "May they be well, may they be happy." And whatever other wishes you have for them, say them now (2 seconds).

With that same sense of care that you felt for another, invite a sense of well being for yourself (2 seconds).

May I be well, may I be happy and whatever other wishes you would like to offer to yourself. Offer them now in a spirit of kindness and generosity.

Now, staying with the breath, allow these offerings of kindness and goodwill to sink in (2 seconds).

Notice how it feels in the body (5 seconds).

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Finish with a full deep breath in (2 seconds) and a long slow breath out (3 seconds) *ding* (20 seconds).

Integrated Practice:

When you see the next person you will interact with today, take a moment to say in your mind, "I wish for you to be happy" as you greet them. Repeat this as many times as you remember to do so today.

Reflection Question:

How did the practice of wishing others well impact your interactions?

Did it shift your mood in any way? Did it impact the quality of your attention?