

Self-Guided Loving Kindness Meditation

Adapted by Rev. Dr. Kathleen Johnson from the book "Fully Present" by Diana Winston

Begin with a deep breath, feel your feet on the ground, feel yourself filled with Light.

Loved One

I am bringing to mind someone that warms my heart - a relative, a close friend, a child, a pet. I see this loved one in front of me and say: "May you be safe and protected from danger. May you feel free from stress and anxiety. May you be happy and peaceful.

May you be healthy and strong. May you have ease and wellbeing." I am now feeling loving kindness coming from my True Self and touching my loved one. How do I feel? (Notice any bodily warmth, a smile, expansiveness...this is loving kindness).

I feel, see, hear my loved one sending loving kindness back to me and they are saying: "May you be safe and free from anxiety. May you be happy. May you be peaceful and at ease. May you have joy and wellbeing." I receive their loving kindness.

Yourself

I am experiencing loving-kindness radiating throughout my body from my heart. "May I be safe and protected from danger...may I be healthy and strong...may I be happy and peaceful...may I accept myself just as I am..may I have a joyful life...may I enjoy close friends and family." How do I feel?

All People

I let this loving kindness expand spreading out and touching those I feel called to touch. I let loving kindness go in all directions, toward people I know and don't know, toward people I love. Now toward people that I have difficulty with.

I let my consciousness expand to all of those involved in a stressful news event. I let each one receive my loving kindness. I say, "Be happy...be peaceful...be at ease...May we all experience great joy."

Planet

I now let my loving kindness expand. I am looking down on earth knowing that I am a beneficent being of love, of light, of intelligent energy, an eternal soul.

I see earth with its billions of beings. I am allowing my loving kindness to reach out and touch every being on the face of this earth. I say: "Be happy, be peaceful, be at ease. May we all experience great joy."

Universe and Beyond

I let my consciousness expand until it includes this universe, all dimensions of being...including multiple universes...everything that exists...all beings in all of these places beyond planet Earth.

I am Pure Joy...I am Spirit expressing as Life. The love that I AM is radiating out and touching every being everywhere.

I say, "Be happy...be peaceful...be at ease...may we all experience great joy."

I let go now, floating freely in Spirit. This universe is the thought of God. I am pure Love, Peace, pure Power, pure Joy, pure Happiness. Noticing how I feel.

Enjoy the SILENCE for a few minutes.