

# Lovingkindness Script

Silently whisper each phrase to each category of people below. Get seated in a comfy position in a quiet space.

Along with a gentle focus on the phrases, try to sense the feelings of lovingkindness in your body & heart.

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## 1 To Yourself

May I be kind to myself.  
May I be filled with unconditional love.  
May I accept myself just as I am.  
May I be at peace and at ease.

## 2 To A Loved One

May you be kind to yourself.  
May you be filled with unconditional love.  
May you accept yourself just as you are.  
May you be at peace and at ease.

## 3 To Someone Neutral

May you be kind to yourself.  
May you be filled with unconditional love.  
May you accept yourself just as you are.  
May you be at peace and at ease.

## 4 To Someone Difficult

May you be kind to yourself.  
May you be filled with unconditional love.  
May you accept yourself just as you are.  
May you be at peace and at ease.

## 5 To All Beings Everywhere

May all beings everywhere be kind to themselves.  
May all beings everywhere be filled with unconditional love.  
May all beings everywhere accept themselves just as they are.  
May all beings everywhere be at peace and at ease.