***Meditation Script***

*Mindfulness + Loving Kindness*

*8 minutes 30 seconds*

*(Bell rings for 3 seconds)*

Now find a seated position, in a chair or on the floor. Allow your hands to fall naturally in your lap. And gently close your eyes. Notice how your body feels right now. Noticing any areas of tension. Scan your body, from the top of your head, down to your toes. Loosen your grip on your eyes, so they’re barely closed. Un-wrinkle your forehead. Relax your jaw, allowing your lips to part slightly. And relax any other body parts that are tense right now.

*(Silent for 7 seconds)*

Now tune into your breathing. The breath will be our anchor, bringing us back to the present moment. The breath is never in the past or in the future. It’s always happening right now. To help you focus on your breath, you can pay attention to the rising and falling of your stomach, or the coolness in your nostrils when you breathe in, or the heat when you breathe out. Whatever helps you focus on your breath, do that.

*(Silent for 15 seconds)*

Now you may notice that your mind starts to wander from time to time. That’s perfectly okay and natural. Just notice when you get distracted, simply noticing the thoughts without judging them, without thinking that they’re good or bad. Simply noticing them. You can say to yourself, “thinking” or “wandering,” and then gently direct your attention back to the breath. So we’ll do this for a few minutes in silence. Simply paying attention to your breathing, noticing wandering thoughts without judging them, and then gently directing your attention back to the breath.

*(Silent for 1 minute and 40 seconds)*

Now before we wrap up, we’re going to send some loving-kindness to ourselves and others. Place your left hand on your heart and your right hand on top of your left. And think of someone you care for deeply, repeating the following to yourself, sending these intentions to your loved one.

“May you be well, healthy, strong.”

“May you be happy.”

“May you feel safe and secure.”

“May you feel loved and cared for.”

*(Silent for 3 seconds)*

Now we will send those same intentions to ourselves.

“May I be well, healthy, strong”

“May I be happy.”

“May I feel safe and secure.”

“May I feel loved and cared for.”

“May I accept myself just as I am. My personality, my intellect, my physical characteristics.”

“May I accept it all just as it is.”

*(Bell rings for 3 seconds)*