

10-minute Metta (Loving-Kindness) meditation script:

1. Settle into a Comfortable Position (1 minute)

- Find a comfortable sitting position, either on a chair or cushion.
- Close your eyes gently.
- Take a few deep breaths, allowing your body to relax with each exhale.

2. Set an Intention (1 minute)

- Set the intention for this meditation to cultivate loving-kindness.
- Remind yourself that this practice is about fostering compassion and love for yourself and others.

3. Start with Yourself (2 minutes)

- Silently repeat the following phrases, directing loving-kindness towards yourself:
 - "May I be happy."
 - "May I be healthy."
 - "May I be safe."
 - "May I live with ease."
- Allow these words to resonate with you, feeling the warmth and kindness as you say them.

4. Extend Loving-Kindness to a Loved One (2 minutes)

- Bring to mind someone you love dearly, and repeat the phrases:
 - "May you be happy."
 - "May you be healthy."
 - "May you be safe."
 - "May you live with ease."
- Visualize this person's face and imagine them receiving your wishes with a smile.

5. Extend Loving-Kindness to a Neutral Person (2 minutes)

- Think of someone you know but don't have strong feelings about, perhaps a colleague or an acquaintance.
- Repeat the phrases:
 - "May you be happy."
 - "May you be healthy."
 - "May you be safe."
 - "May you live with ease."
- Imagine them surrounded by your warm, kind wishes.

6. Extend Loving-Kindness to Someone You Have Difficulty With (2 minutes)

- Bring to mind someone with whom you have a challenging relationship.
- Silently repeat the phrases:
 - "May you be happy."
 - "May you be healthy."
 - "May you be safe."
 - "May you live with ease."
- If it feels difficult, acknowledge the challenge, but continue to offer these wishes as best as you can.

7. Expand Loving-Kindness to All Beings (1 minute)

- Envision all beings, everywhere, and repeat the phrases:
 - "May all beings be happy."
 - "May all beings be healthy."
 - "May all beings be safe."
 - "May all beings live with ease."
- Feel your heart expand with kindness and compassion for all life.

8. Close the Meditation (1 minute)

- Take a few deep breaths, returning your awareness to your body.
- Slowly open your eyes when you're ready.

- Reflect on the sense of loving-kindness you've cultivated and carry it with you as you continue your day.

This script will guide you through a complete Metta meditation practice, fostering compassion and love within yourself and extending it to others.