

MEDITATION

Short Loving-Kindness Meditation Script

A five-minute metta practice for beginners. The four traditional phrases, sent to yourself, someone easy to love, and everyone. Short enough for a first sitting.

5 min · 3 segments

Five minutes, three segments. The neutral and difficult person are left out on purpose, so a beginner meets the practice at its easiest.

BEFORE YOU RECORD

- The phrases still repeat identically every time. In a short version there is even less room for variation to read as anything but a mistake.
- Keep the ten seconds after each phrase. Cutting the pauses is the wrong way to shorten metta; cutting recipients is the right way.
- If a listener wants the full practice with the neutral and difficult person, point them to the fifteen-minute version.

01. Settling, and the phrases

1 min

[read the phrases slowly once; the listener is learning them]

This is a short loving-kindness practice, sometimes called metta. Sit comfortably and close your eyes, or let them rest on the floor in front of you. *[pause for 10 seconds]*

There are four phrases. May you be safe. May you be well. May you be at ease. May you live with kindness. You don't need to feel anything in particular. Just say the words and notice what they meet. *[pause for 10 seconds]*

02. Yourself, and someone easy to love

2 min 30

[warm and unhurried; this is the heart of the short version]

Start with yourself. Just the person sitting here, breathing. Say silently: May I be safe. May I be well. May I be at ease. May I live with kindness. *[pause for 30 seconds]*

If that feels awkward, you're not alone. It's the part most people find hardest. *[pause for 10 seconds]*

Now bring to mind someone you love easily. A friend, a family member, a pet. See them clearly. May you be safe. May you be well. May you be at ease. May you live with kindness. *[pause for 30 seconds]*

Notice where you feel that in the body. Usually somewhere in the chest. *[pause for 15 seconds]*

03. Everyone, and closing

1 min 30

[widen the voice with the circle, then bring it back to normal for the last lines]

Let that feeling widen. Everyone in this building. Everyone in this town. Everyone, everywhere. May you be safe. May you be well. May you be at ease. May you live with kindness. *[pause for 30 seconds, then lift the voice]*

Let the phrases go. Come back to the room. And when you're ready, open your eyes.

USAGE

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