

**SPEAKER:** Beginning getting this meditation by finding a comfortable position. Seated in a chair or lying down. Bringing your attention to the sensations of breathing. Noticing the flow of air in through the body when breathing in. And out of the body when breathing out. Noticing when thoughts arise. Not holding on to them. Just allowing them to drift away. And also noticing if there's any tension in the body and allowing this to also drift away.

Relaxing more into the moment. Continue breathing in and breathing out. Bringing to mind now someone who is close to you. Someone toward whom you feel a great amount of love or appreciation. Bringing awareness to the region of your heart on the left side of your chest. Noticing how this love or appreciation feels in the region of your heart.

Perhaps you feel the sensation of warmth, openness, or tenderness. Then continue breathing, focusing on these feelings as you visualize this person for whom you feel love or appreciation. As you breathe out, perhaps imagining that these feelings are radiating from the center of your heart to the person for whom you feel love or appreciation. Bringing him or her peace and happiness.

And as you do this, silently repeating these phrases to yourself. May you have happiness. May you be free from suffering. May your experience joy and ease. May you have happiness. May you be free from suffering. May you experience joy and ease.

As you continue to silently repeat these phrases, remember to extend these feelings to your loved one. Perhaps as a sensation of your light radiating out from your heart. Feeling with all your heart that you wish your loved one happiness and freedom from suffering. Now thinking of a time when this person was suffering. Maybe they experienced an illness, an injury, or a difficult time in a relationship.

Notice how you feel when you think of his or her suffering. How does this feel in the region of your heart? Do the sensations change? Do you continue to feel warmth, openness, and tenderness? Or are there other sensations? Continue to visualize your loved one as you breathe in and breathe out. Imagining that you were extending feelings of love and positive regard to your loved one.

And even the light is extending from your heart to them. Wishing that they be free from his or her suffering. And reciting silently, may you be free from the suffering. May you have joy and happiness. May you be free from the suffering. May you have joy and happiness.

Notice how this feels in the region of your heart. Do the sensations change? Did you continue to feel warmth, openness, and tenderness? Or were there other sensations? Letting go now of your focus on this person for whom you feel love or appreciation, and contemplate a time when you have suffered yourself.

Perhaps you experienced a conflict with someone you care about. Did not succeed in something you wanted. Or physically ill. Notice how you feel when you think of your own suffering. How does it feel in the region of your heart? Do you continue to feel warmth, openness, and tenderness? Where are there are other sensations?

Just as we wish for our loved ones' suffering to end, we wish that our own suffering would end. We may also envision our own pain and suffering leaving us so that we may experience happiness. Continuing to visualize yourself as you breathe, imagine that the feelings emanating from your heart ease your own suffering. Perhaps even imagining a healing light extending from your heart and wishing that you be free from your suffering.

Silently reciting to yourself, may I be free from the suffering. May I have joy and happiness. May I be free from the suffering. May I have joy and happiness. Noticing now the sensations in the region of your heart. What kind of sensations do you feel? Do you feel warmth, openness, and tenderness? Were there are other sensations?

Shifting your attention now from yourself to a neutral person. Someone you either like nor dislike. Someone you may see in your everyday life. And who you don't really know. A bus driver, a person in a store, even a stranger you pass on the street. Although you don't really know this person, think of how they may suffer in his or her own life. They may have conflicts with loved ones, struggle with an addiction, or may have suffered illness.

Notice the region of your heart. Does it feel different? Do you feel warmth, openness, and tenderness? Or are there other sensations? Does it feel different from when you were envisioning your own or a loved one suffering? Continue to visualize this person as you breathe. Extending feeling for their well-being, perhaps even light emanating from your heart to them. With the wish that he or she may be free from suffering.

Silently reciting to him or her, May you be free from this suffering. May you have joy and happiness. May you be free from the suffering. May you have joy and happiness.

Again, noticing how this feels in the region of your heart. Did the sensations change from when you were envisioning this person suffering? Or did you continue to feel warmth, openness, and tenderness? Were there are other sensations? Did you have a wish to take away this person's suffering?

Letting go of the image of this person, visualize someone with whom you've had some difficulty in your life. Maybe a family member with whom you disagree, a significant other, a coworker. Although you may have negative feelings towards this person, think of how they may have also suffered in his or her own life. A person may have had conflicts with loved ones or dealt with failures or suffered illness. Noticing the region of your heart, does it feel different?

Do you feel warmth, openness, and tenderness? Are there are other sensations? Continue to visualize this person as you breathe. Imagine that you are extending wishes for their well-being from your heart, perhaps even as a light. Extending out to him or her. And as you do this, wishing that he or she be free from suffering. Reciting again, may you be freed from this suffering. May you have joy and happiness. May you be free from the suffering. May you have joy and happiness.

If you have difficulty in wishing for this person's suffering to be relieved, you might think of a positive interaction you had with them. Perhaps there was a time when you got along. Or you laughed together. Or you worked well together. And continue to recite silently. May you be free from this suffering. May you have joy and happiness.

Noticing the sensations in the region of your heart, did they change? Do you feel warmth, openness, and tenderness? Were there other sensations present? Did you have a wish to take away this person's suffering?

Now shifting your attention from your focus on this individual, expand your attention to wishing for all beings' suffering to be relieved. Just as I wish to have peace, happiness, and to be free from suffering, so do all beings. Now noticing the feelings that arise with this openhearted wish to ease the suffering of all people. And how this attempt can bring joy, happiness, and compassion for your heart in this moment.

And as we end this meditation, taking in a deeper breath, allowing your lungs to feel fully, and breathing out, allowing the lungs to empty. And taking in a few more breaths and opening your eyes if they've been closed.