

SPEAKER: Beginning by bringing attention to the body. Noticing the weight of the body and the space occupied by the body. And taking a few moments to scan through the body for tightness or tension, noticing the face. Allowing the face and the jaw to soften.

Relaxing the neck. Releasing the shoulders and the arms. Allowing the hands to relax. And bring the attention down to the back. Releasing any tension you encounter. Moving on down through the legs, relaxing the legs all the way out to the feet. Settling in to being right here, right now.

And shifting the attention to the sensations of breathing. And taking in a few deeper breaths than usual. Allowing the lungs to fill on the in-breath. Then releasing the air on the out-breath. And now bringing to mind someone you care about. Might be a friend, or relative, someone who you appreciate, may have helped you in some way.

And as you bring this person to mind, sending feelings of caring and positive regard towards them. And as you do this, noticing if there are any particular physical sensations that arise. You may notice some feelings, some sensations in the region of the heart, center to the left side of the chest. And just noticing as you extend caring, and positive regard, kindness to this person if there are any sensations.

There may be or also may not be. That's OK too. As you hold this person in your mind, sending caring and kindness towards them, if you choose to, saying the phrases to yourself, may you be happy. May you be healthy. May you be safe from inner and outer harm. May you live your life with joy and ease. May you be happy. May you be healthy.

May you be safe from inner and outer harm. May you live your life with joy and ease. Letting go of your focus on this person and shifting your attention now to yourself. And if you're able, extending the same feelings of caring and kindness towards yourself.

And as you do this, saying the phrases may I be happy. May I be healthy. May I be safe from inner and outer harm. May I live my life with joy and ease. May I be happy. May I be healthy. May I be safe from inner and outer harm. May I live my life with joy and ease.

Now letting go of the focus on yourself and shifting your attention to a neutral person. Someone you may recognize, but not really know. Might be a person who delivers your mail, someone you see walking in your neighborhood, someone you see in a shop or a store. Recognizing that we're all interconnected, that you've had some relationship with this person. And extending feelings of kindness and caring towards them.

And if you choose to, saying the phrases to yourself, may you be happy. May you be healthy. May you be safe from inner and outer harm. May you live your life with joy and ease. May you be happy. May you be healthy. May you be safe from inner and outer harm. May you live your life with joy and ease.

And letting go of the focus on this person and bringing to mind now someone with whom you might have had some difficulty. Doesn't need to be the most difficult person in your life, but someone who you find challenging in some way. And if you're able, extending kindness and caring towards this person, recognizing that we're all interconnected and have similar desires.

And if you choose to, saying the phrases, may you be happy. May you be healthy. May you be safe from inner and outer harm. May you live your life with joy and ease. May you be happy. May you be healthy. May you be safe from inner and outer harm. May you live your life with joy and ease.

Letting go of your focus on this person, and bringing to mind now anyone else you might like to extend these feelings of kindness and caring to. Might be an individual or a group. And if you choose to, saying the phrases to whomever you've brought to mind, may you be happy. May you be healthy. May you be safe from inner and outer harm. May you live your life with joy and ease.

May you be happy. May you be healthy. May you be safe from inner and outer harm. May you live your life with joy and ease.

And bring your attention back now to the body and to the stations of breathing. [INAUDIBLE] the sensations again of breathing in and breathing out. Perhaps resting in these feelings of kindness and caring that you've extended to yourself and others.

And now taking in a deeper breath, allowing the lungs to fill. Breathing out, emptying the lungs. Breathing in again. And opening the eyes if they've been closed as we end this meditation.