Begin by finding a comfortable position, sitting upright, with an erect posture, but not stiff, or lying down, either closing the eyes or leaving them open and gazing softly in front of you, if you prefer.

Begin by bringing attention to your body, noticing the points of contact of the body with the chair or the floor, noticing the sensations of breathing, breathing in and breathing out, and also noticing if there's any tightness or tension in the body, perhaps in the upper back and shoulders, the jaw, the face.

And if you encounter any tightness or tension, seeing of it's possible to release it or relax, letting it go, settling into being right here, right now.

In this meditation, we're going to be extending feelings of kindness towards another. This feeling of kindness, sometimes referred to as unconditional positive regard, the kind of feeling we might have when seeing a new puppy or seeing someone's new baby. You might experience this as a sensation of openness or warmth.

So bringing attention now to the image of someone for whom you have natural feelings of positive regard, someone who you appreciate, someone who may have helped you in some way, bringing this person to mind, and extending these feelings of unconditional positive regard to them, and also extending silent wishes for their well-being, such as, may be happy. May be healthy. May you feel safe. May live your life with joy and ease.

And if you wish, saying these phrases over again to yourself, silently, extending wishes for their well-being. May be happy. May be healthy. May you feel safe. May live your life with joy and ease.

Letting go now of the image of this person, and bringing your attention to yourself. And recognize that we all have the same wishes for our own well-being, extending this feeling of positive regard to yourself, and also saying silently the same wishes.

May I be happy. May I be healthy. May I feel safe. May I live my life with joy and ease.

May I be happy. May I be healthy. I feel safe. May I live my life with joy and ease.

Letting go of this focus on yourself, and shifting your attention now to a neutral person, someone who you may recognize but don't really know, perhaps someone who serves coffee in a coffee shop or works in a grocery store or delivers your mail, and bringing this person to mind, recognizing that we all have the same wishes for our own well-being, extending feelings of positive regard to them, and also saying the same phrases to yourself silently.

May you be happy. May you be healthy. May you feel safe. May you live your life with joy and ease.

May you be happy. May you be healthy. May feel safe. May you live your life with joy and ease.

And letting go of the image of this person, and bringing to mind now someone with whom you've had some difficulty-- not the most difficult person in your life, but someone who may have some issues or disagreement with, and recognizing that everyone has the same wishes for their own well-being, extending feelings of positive regard to this person, and also extending the same silent phrases.

May you be happy. May you be healthy. May you feel safe. May you live your life with joy and ease.

May you be happy. May you be healthy. May you feel safe. May you live your life with joy and ease.
Letting go of the image of this person, and bringing to mind now anyone else who you might wish to extend these feelings toward-- might be an individual. Might be a group-- and extending the same feelings of positive regard to this person or group, and also the same silent wishes.

You may be happy. May you be healthy. May you feel safe. May you live your life with joy and ease.

May you be happy. May you be healthy. May you feel safe. May you live your life with joy and ease.

And letting go of the image of this person or group, bringing your attention back to the sensations of breathing, the sensations of lying or sitting here now.

And when you're ready, taking in a deep breath, allowing the lungs to fill fully, breathing out, emptying the lungs completely, breathing in again, and opening your eyes if they've been closed, as we end this kindness meditation.