

Version 2

Sit and settle for a short while.

First, we evoke an atmosphere of love by considering that we are in the presence of pure, unconditional love.

We could think of this love in the form of brilliant white light.

Alternatively, if it is meaningful for us, we could think of unconditional light in the form of a great spiritual teacher, such as the Buddha or Jesus. Whatever or whoever we visualize, we consider that we are in the presence of the perfection of love.

Otherwise, we can simply trust that we are surrounded by love.

Now, we aspire to awaken love in our own hearts by silently saying to ourselves such things as:

—“May I awaken the love that is in my heart,”

—“May I be able to receive love; may I be able to give love,”

—“May I love myself unconditionally; may I love others unconditionally.”

Now we receive love from the source of unconditional love that we are visualizing. It flows down through the crown of our heads and fills us entirely: body, being, heart, and mind.

As we are filled with healing love, we slowly and quietly repeat: “May I be well; may I be happy.”

Now we rest in the trust and confidence that we have received this love.

Maintaining our confidence in the love that has been awakened in our hearts, we continue to practise loving kindness for ourselves, slowly repeating the phrases “May I be well; may I be happy,” and allow the words to resonate inside us.

To increase the significance and meaning of these phrases, we reflect on the ways in which we might wish to be well and happy, such as:

- more inner peace and contentment,
- more joy,
- a profound experience of both giving love and receiving love,
- the ability to accept and love ourselves fully, and to accept and love others fully,
- the best physical health imaginable,
- and freedom from all suffering and harm.

We might also wish to awaken fully to our true nature, to our innate wisdom and compassion.

We can even visualize ourselves in the happiest state that we can imagine.

Now, we wish all of these things and continue saying: “May I be well; may I be happy.”

When we focus on what we don’t like about ourselves and forget to appreciate our positive qualities, we can sometimes stop loving ourselves. As an antidote to this, we reflect on and acknowledge our positive qualities.

We can, for instance, recall examples of the kindness we have shown others. It might also be helpful to imagine a close friend telling us what our best qualities are. And we can always remember that our true nature is limitless wisdom and compassion.

So now we have established a healthy appreciation of ourselves, we uninhibitedly and without reservation repeat the phrases: “May I be well; may I be happy.”

We directly experience all the well-being and happiness we have been wishing for ourselves.

Lastly, we let go of the loving kindness practice. We slowly open our eyes if they are closed, and continue to sit in meditation for a short while.