

Heartful Meditation script

'The first thing I would like you to do is to find somewhere quiet to sit for the next few minutes, get yourself into a really nice comfortable position sitting down, legs uncrossed, feet on the floor, rest your hands on your lap and if it feels comfortable close your eyes or if you prefer, just settle yourself on a neutral gazing spot in front of you.'

(Pause)

'Then start to bring your awareness to the movement of the breath into and out of your body..... notice how the air enters you nose into your lungs..... and then back out from your lungs through your nose into the room again..... Don't try to speed it up or slow it down, just allow it to be whatever it needs to be in this moment in time.'

(Pause)

'Allow the breath to anchor you in this moment.'

(Pause)

'Any time those thoughts try and creep on in, just notice them and accept them and just allow them to pass on by..... bringing your awareness back to the movement of the breath into and out of your body.'

(Pause)

'When you are ready, bring your awareness into your heart area and just rest there for a few moments. The heart area may represent your source of unconditional love, compassion and your truth. Notice whether there is any discomfort or tension or perhaps a sense of calmness and peace. Just allow whatever to come up to come up without judgment or criticism, using your breath to breathe into your heart area.'

(Pause)

'Connecting with your heart area, bring up the phrases:

May I be open to giving and receiving love,

may I be free from suffering and pain,

may I live a life of grace and compassion.

Imagine each of these phrases gently dropping into your heart area. Be aware of whether there is any resistance or tension as you do this and using your breath, see whether you can embrace these sensations with loving kindness and acceptance.'

(Pause)

'Remaining connected to your heart area, if you so choose, bring to mind a close friend or family member who has shown you unconditional love in your life. Notice any sensations that arise and just accept these as true to you in this moment, without censor or judgement.'

(Pause)

'When you are ready and feel connected to this person, offer them the following phrases:

*May you be open to giving and receiving love,
may you be free from suffering and pain,
may you live a life of grace and compassion.*

Imagine each of these phrases gently dropping into your heart area. Be aware of whether there is any resistance or tension as you do this and using your breath, see whether you can embrace these sensations with loving kindness and acceptance.'

(Pause)

'Still connected to your heart area, and if you so choose, bring to mind someone who is neutral in your life. This maybe someone you notice when travelling to work, in the supermarket, or when you are out walking. Just like you, they too may wish for a calm life, free from suffering and pain. Notice any sensations that arise as you bring this person to mind and just accept these as true to you in this moment, without censor or judgement.'

(Pause)

'When you are ready and feel connected to this person, offer them the following phrases:

*May you be open to giving and receiving love,
may you be free from suffering and pain,
may you live a life of grace and compassion.*

Imagine each of these phrases gently dropping into your heart area. Again, just be aware of whether there is any resistance or tension as you do this and using your breath, see whether you can embrace these sensations with loving kindness and acceptance.'

(Pause)

'Remaining connected to your heart area, the next part is to bring to mind someone who has upset you or caused suffering or discomfort to you. Just like you, they too may wish for a calm life, free from suffering and pain. Notice any sensations that arise as you bring this person to mind and just accept these as true to you in this moment, without censor or judgement. If this is too difficult, then just bring your awareness back to your breath.'

(Pause)

'If you feel able to continue, when you are ready and feel connected to this person, offer them the following phrases:

*May you be open to giving and receiving love,
may you be free from suffering and pain,
may you live a life of grace and compassion.*

Imagine each of these phrases gently dropping into your heart area. Just be aware of whether there is any resistance or tension as you do this and using your breath, see whether you can embrace these sensations with loving kindness and acceptance.'

(Pause)

'Finally, connecting to your heart area, and if you so choose, we are going to extend this heartfelt meditation as far as you feel able, to everyone in your street, home town, county, country, the entire planet and universe. This can include all living creatures. Just like you, they too may wish for a calm life, free from suffering and pain. Notice any sensations that arise as you extend your mind as far as you feel able and just accept these as true to you in this moment, without censor or judgement.'

(Pause)

'When you are ready and feel connected to every living being and creature that you wish to include, offer them the following phrases:

*May you be open to giving and receiving love,
may you be free from suffering and pain,*

may you live a life of grace and compassion.

Imagine each of these phrases gently dropping into your heart area. Again, just be aware of whether there is any resistance or tension as you do this and using your breath see whether you can embrace these sensations with loving kindness and acceptance.'

(Pause)

'Now for a few minutes, bring your awareness back to your breath and the movement of the breath into and out of your body.'

(Pause)

'And then wherever you are with the movement of the breath, just start bringing your awareness to how your body is sitting on the chair, your feet resting on the floor, your hands resting on your lap. Notice the temperature of the air on your skin..... start wiggling your fingers and your toes..... and in your own time start opening up your eyes, bringing your awareness back into the room.'

Ref:

Dent, A (2019). Using Spirituality in Psychotherapy: The Heart Led Approach to Clinical Practice. Routledge.