



THE PRACTICE BOOK

Loving-Kindness Meditation

A guided Metta script, from self outward to all beings



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Metta/Maitri (Loving-Kindness) Meditation Script



Opening Visualization

Visualize and imagine a mother's unconditional love for her only child—gentle and warm, yet filled with the powerful energy of unconditional loving-kindness.

We all possess the innate capacity to generate an infinite amount of unconditional love and compassion for all beings.

Part 1: Self-Compassion

We begin the Metta meditation with ourselves, allowing our hearts to be filled with this energy of unconditional love and compassion.

Repeat softly:

May I be safe, be healthy, and be happy. May I be at ease, free from all suffering.

Continue to fill your heart and body with this energy of unconditional love and compassion. Visualize a glowing, bright, warm light emanating from your heart and filling up your entire body, from head to toe.

Rejoice in this unconditional love and compassion with a sense of gratitude. Say:

Thank you, thank you, thank you.

Part 2: Extending to Those Nearby

As your body overflows with the energy of loving-kindness, allow it to overflow and radiate outward toward the people nearby. Let the energy of loving-kindness fill everyone's hearts and fill this entire room.

Repeat softly:

May you be safe, be healthy, and be happy. May you be at ease, free from all suffering.

While sharing this energy of loving-kindness, also rejoice in the energy they are sending you, with a sense of gratitude. Say:

Thank you, thank you, thank you.

Part 3: Expanding to Loved Ones

Visualize this room overflowing with the energy of unconditional love and compassion—kind, caring, and understanding. Allow the energy of loving-kindness to emanate from this room toward those you care about. Visualize their faces, individually or in a group. See them receiving this energy of unconditional love and compassion.

Repeat softly:

May you be safe, be healthy, and be happy. May you be at ease, free from all suffering.

Enjoy seeing them rejoice in this energy of loving-kindness.

Part 4: Universal Loving-Kindness

Continue to allow this energy to emanate toward all sentient beings in this world, including those who may have caused pain and suffering in your life. Include those who may currently be causing suffering to others. Recognize that they are causing suffering due to their own suffering. Allow all of them to receive in their hearts this energy of unconditional love and compassion. Visualize how this energy provides relief, and rejoice in loving-kindness.

Repeat softly:

May you be safe, be healthy, and be happy. May you be at ease, free from all suffering.

Closing: Global Blessing

Visualize this powerful energy of unconditional loving-kindness blanketing the entire world, allowing all sentient beings to rejoice in it, free from all suffering.

Final blessings:

May all beings be safe.

May all beings be peaceful.

May all beings be joyful.

May all beings awaken to their true nature.

May all beings be free.



This Practice Book gathers the practice materials of the Bodhicitta Sangha for those newly arrived. Every prayer, sutra, and teaching within is reproduced in the Venerable's own words. May it be of benefit to all who begin here.



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