

LOVING KINDNESS TO CULTIVATE COMPASSION

Breath focus to center

Allowing the warmth and patience you are experiencing in this relaxed state to give rise to forgiveness. With each breath, breathe in warmth, breathe out anger and resentment. Warmth being breathed in, letting go slowly on the exhale of anger and resentment. How the anger falls away, how the knots become untied, dissolved in that openness of warmth and patience.

PAUSE

Reflecting on those who may have caused you pain in the past, either purposefully or by accident. Sending them forgiveness. Easily now. Allowing those old curtains of resentment to fall. Forgive them as best you can.

If there is still resentment, accept that too; let it be dissipated as the light of forgiveness grows. Allowing yourself to forgive. Letting go of the pride that holds on to resentment. I forgive you. Just letting go.

PAUSE

Sending loving kindness as best you can for those you find difficult to love. Repeat slowly to yourself in whatever words seem appropriate.
May you be at peace; may your heart remain open.
May you awaken to the light of your own true nature.
May you be healed; May you be a source of healing for all souls.

Now for those to whom you may have caused pain. Ask their forgiveness. Not with guilt, but with the understanding that we stumble, that we are all partially blind. Letting go of your self-judgment.

Letting all the rigidity that blocks the heart fall away. Allowing yourself to be forgiven.

PAUSE

With a sense of openness, direct loving-kindness to yourself, in your heart repeat to yourself as is comfortable, with whatever words you find appropriate. Following your breath and focusing on your intention to cultivate compassion. Repeat slowly to yourself.

May I be at peace; may my heart remain open.
May I awaken to the light of my own true nature.
May I be healed; May I be a source of healing for all souls.

Now directing that love toward those you love very much. Visualize in your mind those for who you feel a greater love-picture them and reflect.

PAUSE

May you be happy.
May you be at peace; may your heart remain open.
May you awaken to the light of your own nature.
May you be healed; May you be a source of healing for all souls.

Letting that love expand to everyone in the room in which you are sitting. Filling the room with your love, with your care. Letting the whole room, all these people, be in your heart. Don't forget yourself.

May we all be at peace; May our hearts remain open.
May we be awakened to the light of our own true nature.
May we be healed; May we be a source of healing for all souls.

Just letting yourself sit in the light of this love, in this caring for yourself, for all souls on the planet.

May all beings be happy.
May all beings be free from suffering.
May all beings be healed.

May we all come home to our own completeness.
May we all be whole and at peace.

May we learn just to be, a moment at a time. No expectations. Just an open heart. Sharing as we can.

When you are ready...experiencing openness of heart, warmth and patience, being happy and at peace as you go about your work together.