

Kindness and Compassion Meditation

- ▶ Arrive in your seat, become aware of the body, and anchor with the breath.
 - Notice the body and breath as a whole.
 - Notice mood, feel tone.
 - Notice thoughts.
- ▶ Be aware of the coming and going of thoughts, feelings, sensations as complete experience, not grasping, just experiencing, as though listening attentively to a stream that flows by endlessly.
- ▶ Cultivate a kind, nonjudging, (forgiving) attitude toward whatever presents itself.
- ▶ Surround whatever arises with kindness. This means “being with” the total experience in a radical way. It means avoiding any temptation to “process” or “interpret” or “manage” what you are aware of. It means gently setting aside any temptation to judge or criticize or deny what arises.
- ▶ Allow images or brief scenarios to arise without following them in detail. Simply acknowledge and “be with” the situations and experiences of your life and your being. This deep acknowledgment is the seed of compassion.
- ▶ Bring another person to mind, if you wish, and sit with them in your heart as though deeply listening to their experience of life in all its richness of joy and sorrow, ease and pain, success and failure. Kindness and compassion can hold it all. Just “be with” and relax any urge to “do” anything.
- ▶ Finally, relax all specific imaginings and just sit with a sense of the body, of the breath, and especially of your heart area.