

Meditation on Loving Kindness

Introduction: In this meditation we generate within us a loving kind of energy which we visualize or imagine as warm light energy. And we imagine that loving energy flowing out to others. It's easy to do that when you're sitting on your meditation cushion and you're using your imagination. It might just seem like a nice kind of meditation but don't underestimate the effect. At a subtle level what's happening is that this kind of meditation trains us in opening up our hearts... to think about sharing loving, kind energy with others. But it's safe to try because there's no one here waiting for it; no one waiting to see how much loving energy we can put out. It's something that each of us practice inside.

Body of the meditation:

I'd like you to focus your attention at your heart, at your heart chakra. This is the mid point inside your chest. It's the seat, it's the place, of your emotions. Don't think that you're looking down from your head to your heart, but just try to feel that place, that kind of mid point, and feel that your mind is there.

Now think of somebody who's really close to you; someone that you really care about. And imagine them being blissfully happy, that they have everything that they want... Try to generate, or feel, loving kindness. This is just a pure unconditional joy, or a light, in their happiness. Feel in your heart this incredible joy. This person you care about is blissfully happy.

Notice if this loving kindness, this joy, has a physical sensation... A feeling of warmth that's arising in your heart just like fresh warm water flowing into a cold bath... Imagine it continuously pouring out, growing stronger, this warmth, this loving kindness.

Feel it's soothing, healing energy spreading throughout your body and your mind. Try to see it as brilliant, white nectar flowing, bringing peace to every part it touches... healing every physical, mental and emotional problem... healing their causes as well.

Imagine your whole body completely filled with this warmth, this white nectar, this healing energy of loving kindness. Concentrate on this.

Imagine this nectar becoming even brighter and imagine that you start to send it out through every pore of your body... sending it out in every direction... sending it out to touch all beings, to bring them happiness, to bring them bliss. Imagine sending it out to your mother in this life, bringing her happiness and health; then out to your father in this life, and then to your friends and other relatives and now, even to those who've upset you or made you angry, either recently or some time in the past...

Imagine this bright, white nectar of loving kindness going out to them... healing all the harm that they have caused you and bringing compassion to them for the harm that they're causing themselves...

Now the light, the white nectar of loving kindness goes out to all beings. Think that you've brought this white nectar of loving kindness to all beings, healing all the suffering in the universe... bringing it all to an end... healing all beings... now everyone has realized their full potential for awakening... all beings and the whole environment is so pure, a buddha field.

And you're so happy that you've been able to repay the kindness of beings, your mothers. And having finished this work, the blissful energy of loving kindness flows back into you. And imagine that all these other beings, and the environment that you visualized, imagine all dissolving into empty space, the empty space of wisdom.

Imagine that you remain like a bubble of light floating in that empty space; it's an empty space of awareness.

Gradually your body starts to dissolve, to disappear from the outside in, into your heart. And then that too disappears so that all that remains is your blissful mind; your blissful mind focused single pointedly upon your ultimate nature, emptiness. Just like the first hint of light in the dark sky before dawn.

Now generate the blissful healing energy of loving kindness again. And that forms a white light that takes the form of your body, with your mind inside.

Feel that your whole body and mind that are products of the karma and delusions, feel that they have gone forever. Your new body and mind are now produced from wisdom and compassion.

And think that the purpose of this life born from wisdom and compassion, is to bring happiness to all beings, to ease their suffering, however you can.

Generate the determination that from now on you will instantly dispel even the slightest hint of self centeredness or selfishness and do whatever you can to be of benefit to others; with every action you make; with every word that you speak and with every thought that you think.

Dedication:

Dedicate the positive energy from meditating in this way to be a cause of eliminating the tightness in us, the limitation to what we think we're able to do. To holding ourselves back. May meditating like this be a cause to generating this warm, loving energy - as a way of being, a way of existing, present within us twenty four hours a day, three hundred and sixty five days a year, year after year! May meditating like this be a cause to making it stable; no danger of our minds slipping back into the "what about me" mode. May meditating like this be a cause to be able to help others to not be closed, not be tight, not fearful, not suffering... May meditating like this be a cause plants seeds; make our minds familiar with different ways of thinking, different ways of behaving; having different premises, different reasons for existing. May meditating like this be a cause to developing the qualities to be able to benefit all sentient beings, especially the qualities of a fully Enlightened Buddha.