

Meditations

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Loving-Kindness Meditation for Compassion and Wellbeing

<http://www.contemplativemind.org/practices/tree/loving-kindness>

Wishing peace and goodwill to all isn't a concept you need to reserve for the holidays. This easy mindfulness meditation called Loving-Kindness can give you the warm fuzzies all over, all year long.

What is Loving-Kindness?

Meditation may sound hard but there is a super simple way to get started: love and kindness. Loving-kindness refers to a state of unconditional kindness and compassion for all beings. This concept is found in many religions and cultures around the world, and the tradition spans a few thousand years.

What's the big deal? Some studies suggest you can boost your empathy and feelings of connection and reduce your implicit bias, anger, depression and anxiety.

How does it work?

You start with yourself and expand your circles of compassion outward. Here are the basics:

1. You: Think about yourself. Direct your kindness to yourself with a phrase like, "May I be happy."
2. Someone really close: Think about someone you love. Direct your kindness to that person, "May you be happy."
3. Someone neutral: Think about someone you feel neutral about, like a coworker you really don't like or dislike. Direct your kindness to this person, "May you be happy."
4. Someone hostile: Think about someone you have a tough time being around. Direct your kindness to this person, "May you be happy."
5. Bundle: Think about all of these people together, and equally direct your kindness to all of them.
6. Expand: Finally direct your kindness everywhere, "May all beings everywhere be happy."

You get the idea. Make it more your style, with a different phrase like, “May I be at peace,” or “May I be safe,” or stack phrases together to expand the notion. To get more practice, search for a loving kindness meditation video and find your favorite version. Tonight before you drift off, take a moment to wish yourself some well-deserved peace. Let’s do this, and be Healthy for Good!

Source: https://healthyforgood.heart.org/be-well/articles/loving-kindness-meditation-for-compassion-and-wellbeing?UTM_source=HFG&utm_medium=Email&utm_campaign=BeWell&utm_term=Feature

Oprah & Deepak



The following is a series offered by Oprah and Deepak, it is available for free on the YouTube channel at:

https://www.youtube.com/watch?v=1-dUXlKVaoY&list=PLi3DEI1y1Qm4cou_qzNqZ635EqixmGmXn

Are you feeling overwhelmed by the negativity in our world today?

Positivity begins within. Take your first step to leave anxiety and doubt behind with these three simple practices, then join Oprah and Deepak on a [21-day journey](#) to experience more hope, love, and inspiration.

1. Tune Out

It’s almost impossible to flip on the news or scroll through social media without being bombarded by negativity. Remember, what we put our attention on expands in our experience, so consider where you are focusing your energy. Spend your down time reading uplifting literature, connecting with loved ones, or [enjoying stillness](#) and silence.

2. Break the Cycle

If you’re stuck in the cycle of negativity, the key to breaking it is [awareness](#). When you find yourself reacting negatively to a person or situation, ask yourself if you’ve responded this way before. Simply stop, observe without judgment, and say to yourself, “I no longer need this.” Then proceed with love.

3. Connect with Your True Self in Meditation

Take five minutes to establish yourself in [peaceful meditation](#). Each time you connect with your true self in meditation – which knows only love, peace, and positivity – you take a part of it out into your daily life. Sit quietly with your eyes closed and take a few long, deep breaths. Now put your attention on your heart and silently repeat these four words: Peace, Harmony, Laughter, Love.

Meditations by Alena

Written for the Saturday Morning Meeting of SSA/MAA

Inspired by many teachers including:

Oprah Winfrey and Deepak Chopra: <http://www.chopra.com/articles/deepak-and-oprah%E2%80%99s-shared-vision#sm.00zgl9ii169sfmg11a62klyl9nysq>

Eckhard Tolle: <https://www.eckharttollenow.com>

Savor - Mindful Eating Life by Thich Nhat Hanh

<https://www.amazon.com/Savor-Mindful-Eating-Life/dp/0061697702?SubscriptionId=AKIAILSHYYTFIVPWUY6Q&tag=duckduckgo-ffsb-20&linkCode=xm2&camp=2025&creative=165953&creativeASIN=0061697702>

Connecting With Our HP

Welcome

Please find a comfortable position... Place your hands gently in your lap

Open your palms and close your eyes

Begin to observe your breath.... Breathing slowly and deeply

Savoring each inhalation and exhalation

Gently release all thoughts... Just for now... Knowing that they will be there for you...

When you are ready for them to return

Let go.... Just for now...And focus ... on each long, slow, deep breath

As we become more relaxed... We are feel peace.... serenity

We Bask... in the luxury of each long slow deep breath

When thoughts come ... we see them as fluffy white clouds

We don't become attached or give them attention

We smile and allow them to drift away... gently... across a clear blue sky

We are content... we know we are not our thoughts... not the drifting clouds

We are expansive... steadfast... eternal.... We are the clear Blue sky

Turning inward ... we feel our hearts.... and at the center

A soft warmcomforting.... radiant glow

Our loving attention causes this glow to expand

Pulsing gently.... with each beat of our hearts ...

becoming stronger and more radiant with each breath

We relax even more deeply... knowing we are Safe

In the warm....soft.... comforting.... radiant glow

With each long slow deep breath.... Our Inner knowing becomes clearer
We are Alive... One with all Beings... Sheltered and safe
In the warm soft comforting radiant glow

With each long, slow, deep breath ... Our safe, peaceful space, becomes stronger
Encompassing us in a halo.... of Radiant Love
In this safe space, ... Let us Journey.... In this moment.... Go within
<<ring bell>>

Feel our connection
To all beings
And to each other
To our true self

To the part of us that never changes
Not our changing body, mind, emotions or personality
All of these have been changing all of our lives
The body we had as a baby is very different than the one we had as a teenager
And equally different from the body we have today

Through it all a part of us witnesses these changes
With Loving attention... steady... Unchanging

We can experience this part of ourselves right now
By turning our attention to the one that is observing
Try it now
Turn your attention to the One who is observing <<pause>>

The presence you feel right now
Is your Soul.... Spirit... Self... Source
Activity comes and goes
But this silent observer, Ever present and Eternal
Is our Who we truly are
Now we'll take 2 minutes to commune with our Source
I feel my connection.. To my Soul... We are One
I feel my connection.. To my Soul... We are One

<<returning - ring bell>>
Please bring your awareness back to your body
Continue to inhale and exhale slowly and deeply

When you feel ready
Gently open your eyes

Welcome back
Namaste

Celebrating The Harvest

Welcome

Please find a comfortable position... Place your hands gently in your lap
Open your palms and close your eyes
Begin to observe your breath.... Breathing slowly and deeply
Savoring each inhalation and exhalation

Gently release all thoughts... Just for now... Knowing that they will be there for you...
When you are ready for them to return
Let go.... Just for now...And focus ... on each long, slow, deep breath

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becoming stronger and more radiant with each breath

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We are Alive... One with all Beings...Sheltered and safe
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With each long, slow, deep breath ... Our safe, peaceful space, becomes stronger
Encompassing us in a halo.... of Radiant Love
In this safe space, ... Let us Journey.... In this moment.... Go within
<<ring bell>>

Together... we are going to celebrate ... the time of Harvest
By fully connecting with an apple
Pick up the apple and hold it in front of you
Use both hands ... as if making a sacred offering

As you look at the apple
Consider everything that worked together
to put that apple into your hands

The farmer, tilling the Earth and planting the seed
The womb of Mother Earth
Lovingly taking our little seed into herself
Giving it shelter.... Nourishing it with organic materials, some from prehistoric times

Feel the triumph of the day it became strong enough to sprout,
Poking it's tiny head out of the Earth
Feel the warmth... of the smiling sun.. blessing our young tree with Light
And nutrients to help it grow stronger

Feel the gentle rain blessing our tree with life giving water
Water graciously offered up by the rivers, lakes and oceans of the world
Water turned to vapor by the warmth of sun
Vapor turned to condensation by the coolness the sky
Returning time and again in the eternal dance

Notice the precious buds that came in the spring
See them graciously release.... Making way for the full blossoms of summertime
Feel them gracefully surrender their blossoms.. Creating space for the Fruit
Fruit that became ripe and ready for harvest in the fall
Earth, Sky, Water, Time and people working together
In perfect harmony
To create the apple you now hold in your hands
Your little apple is a manifestation of Life
Of the Universe

Take a moment to fully experience this miraculous Creation

How does it feel in your hand?
What does it look like? ... Notice the color... The shape
Hold it up to your nose and breath deeply... What does it smell like?
Give the apple a smile
Thank it for the incredible journey it made to come to you

Bring it to your mouth and slowly take a bite
Allow yourself to be fully immersed in the experience
Relish the juiciness... the freshness
The sweetness.... The sound and feel of the crunch
Chew slowly and mindfully.... 20 to 30 times for each bite

Now we'll take 2 minutes to savor our apple
Reflecting on everything that came together to create our Apple

<<returning - ring bell>>
Please bring your awareness back to your body
Continue to inhale and exhale slowly and deeply
When you feel ready
Gently open your eyes

Welcome back
Namaste

Miracles

Welcome
Please find a comfortable position... Place your hands gently in your lap
Open your palms and close your eyes
Begin to observe your breath.... Breathing slowly and deeply
Savoring each inhalation and exhalation

Gently release all thoughts... Just for now... Knowing that they will be there for you...
When you are ready for them to return
Let go.... Just for now...And focus ... on each long, slow, deep breath

As we become more relaxed... We are feel peace.... serenity
We Bask... in the luxury of each long slow deep breath

When thoughts come ... we see them as fluffy white clouds
We don't become attached or give them attention
We smile and allow them to drift away... gently... across a clear blue sky
We are content... we know we are not our thoughts... not the drifting clouds
We are expansive... steadfast... eternal.... We are the clear Blue sky

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Our loving attention causes this glow to expand
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In the warm soft comforting radiant glow

With each long, slow, deep breath ... Our safe, peaceful space, becomes stronger
Encompassing us in a halo.... of Radiant Love
In this safe space, ... Let us Journey.... In this moment.... Go within
<<ring bell>>

Love and Spirit... Are forever conspiring... To create Miracles in our lives
Some think of Miracles as rare events...Acts of Divine Intervention..
Bestowed only to a chosen few... in far away place
Others believe that Miracles happen every day
Right here... right now... In our own lives

The word miracle comes from the latin word mere-ah-ree
Which means to behold with rapt attention
The more we pay attention... The more we will see... miracles in our lives
Everyday acts of Grace that guide us.. Illuminating our path... divinely unfolding before us

Precious coinci-Gods, wondrous mini-miracles
Bring us feelings of Joy... Love... Connection
To our Higher Power... to each other... to Life

(change the word that is emphasised with a good bit of silence between each question)
We only need... to Be Open.... I am **OPEN**.. I **AM** open..... I am open

Let us spend 2 minutes... Being open to this thought
Love and Spirit forever conspire... to create Miracles in my life... I Am Open ...
Love and Spirit forever conspire... to create Miracles in my life... I Am Open ...

<<returning - ring bell>>

Please bring your awareness back to your body
Continue to inhale and exhale slowly and deeply
When you feel ready
Gently open your eyes

Welcome back
Namaste

Who We Are

Welcome
Please find a comfortable position... Place your hands gently in your lap
Open your palms and close your eyes
Begin to observe your breath.... Breathing slowly and deeply
Savoring each inhalation and exhalation

Gently release all thoughts... Just for now... Knowing that they will be there for you...
When you are ready for them to return
Let go.... Just for now...And focus ... on each long, slow, deep breath

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Encompassing us in a halo.... of Radiant Love
In this safe space, ... Let us Journey.... In this moment.... Go within
<<ring bell>>

It is said that the most important thing we can know
is WHO WE REALLY Are.... at our core

The deeper our knowledge of ourselves
The deeper and more satisfying our relationships with others will be
In a very real way, the depth of our knowledge of ourselves
Influences all of our relationships - especially the most important relationship, our
relationship with our Higher Power

So let us take a moment to ponder this question
(change the word that is emphasised with a good bit of silence between each question)

Who am I ?.... Who **am** I ?.... Who am I ?

Beyond our relationships and our roles in the world - friend, confidant, family member,
employee, homemaker, artisan

What is our True identity?

At the deepest level of our being, what is our true self

Surely it is not our changing body, mind, emotions or personality

All of these have been changing all of our lives

The body we had as a baby is very different than the one we had as a teenager

And equally different from the body we have today

However through it all there is a part of us that witnesses these ongoing changes

A part of us that remains steady... Unchanging

Many call this part of ourselves the Soul

It is the nonjudgmental awareness or observer of the body and mind

And also of itself

We can experience this part of ourselves right now

By turning our attention to the one that is observing

Try it now... Turn your attention to who is observing <<pause>>

The presence you feel right now

Is your Soul.... Spirit... Self.. Source

Or whatever name you prefer

Activity comes and goes ...But the silent observer is steady

Everpresent and Eternal.... Our essential nature is Spirit

When we are connected to Spirit, we will feel

Peace

Love

Compassion

Joy

Creativity

Intuition

And Bliss

If we have been caught up in an anxious search for love, happiness or anything else,
this is wonderful news!

We can let go of the struggle and the endless quest for self improvement

And simply open our awareness to who we really are...To our true spiritual nature

There is no work to do. Nothing to fix or repair....

We need only open up to our true selves

The Eternal within us that can't be broken or lost

Our Spirit is pure awareness

All encompassing

Silent

Knowing

Unborn

And ever the same

Even when we are struggling or troubled... We can get still and go within

We can reconnect with our Spirit

Steady

Loving

Peaceful

Shining

We can rest content in their loving arms

We are radiant Spiritual Beings
One with each other.... One with the Source of All

Let us take 2 minutes of silence now to savor this thought
We are radiant Spiritual Beings
One with each other... One with the Source of All

<<returning - ring bell>>
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