

Tonglen

Guided Meditation

Please close your eyes. Allow yourself to be here in this very moment. Bring your attention to your breath and let go of all your thoughts, don't hold onto memories of the past nor anticipate the future. Relax into this very moment without any effort, as if you're floating on water.

Now from within this place of serenity, visualize all living beings from all realms of existence filling the space in front of you. You might like to visualize specific persons, such as your parents, relatives and friends or people who caused you harm. You might also like to visualize people who are in great need, those who are sick and dying, or suffering from all kinds of external and internal adversities.

Feel that your heart is opening to embrace all of their pain and sorrow as your own. Imagine you are taking in their suffering in the form of a dark cloud, which enters through your nostrils with your inhalation. Let your heart expand to the limits of the universe with empathy for their suffering. Again and again, let your heart be filled with this cloud of universal suffering with your incoming breath.

Now, when we exhale, imagine that you're sending love, compassion and happiness in the form of brilliant rays of golden light which extent to the furthest reaches of the cosmos and enter the hearts and minds of all living beings everywhere. Please keep sending this golden light with each exhalation.

Imagine that everyone without exception is receiving your gift, which results in freeing all beings from every form of suffering, and they begin to experience bodhichitta-the heart of boundless love and ecstatic insight.

Think that through this generosity, every living being now enjoys complete and perfect liberation. May everyone in the world transcend erroneous views about the true nature of reality, finding freedom and happiness within themselves. May there be peace throughout all realms! May this universe be blessed by love!