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SUMMARY KEYWORDS

goodwill, attitude, breathing, word, kindness, person, body, worthy, posture, ripples, open, generosity, loving, pebble, soften, quiet, satisfying, mind, relax, deep breaths

SPEAKERS

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So, I thought we would do another meditation, meditation time, and then offer you a guided meditation and some aspect of loving kindness. And that can also be the kind of reflection or the, the basis from which we'll have some discussion afterwards. So, take a comfortable, alert posture

and then gently close your eyes

and take a few moments to feel your posture, feel your body

perhaps with the help of the move In your body that comes with breathing. Ease yourself into your body settle into your body. Relax into your body.

If it's possible to soften your belly relax the belly and let gravity help your belly. be settled down, open up.

Perhaps letting your shoulders relax as well soften

and then seeing if you could quiet down the coarser forms of thinking going on for you. If you're thinking having conversations or planning or remembering or actively having is very active commentary, but what's happening, see if you can, like, like, like you're dimming the lights. Sir quieting the music. See if you can let your thinking mind become softer or quieter.

Then tuning more fully into your body breathing

noticing how the body moves and changes as you breathe in and breathing out.

Every time you breathe out, see if you could let go of whatever thinking you have whatever you're thinking about

then go What you're thinking, so that as you breathe in the experience of breathing in can be more open, new,

more intimate.

And then see if you can bring to mind so person you know, for whom it's relatively easy for you to feel goodwill, to feel loving kindness or to feel a kind of love or goodwill, which is satisfying and meaningful

for you or even brings you a sense of well being. Even just feel that way towards somebody. Think of that person think of such a person. If it's hard, remember, it doesn't have to be a dramatic example of this. Just whatever comes to mind.

And then thinking about this person, consider what your attitude is that towards that person, the feelings that thoughts the attitude how you hold the person how you look upon them that might help you feel your goodwill or your kindness towards them.

is loving kindness has an element of generosity in it a generous attitude towards others. Kindness, goodwill looking upon someone as if they're important or worthy or valuable

Perhaps it comes with wishing them the best kind of well wishing.

So now See if you can take whatever attitude you have goodwill towards this person and see if you can turn that attitude around and have it for yourself.

Can you in a sense look upon yourself with goodwill generosity of loving kindness

Can you bring an attitude of goodwill and genuine goodwill towards yourself for yourself

looking upon yourself with an attitude of respect if you're worthy of appreciation or goodwill

looking upon yourself this way, so the very attitude that you have, is itself satisfying and meaningful. It's it's satisfying to gaze here on this person

with goodwill

And then as we continue here, I'm going to offer you some individual words. And when you

and when you hear this word, gently repeat it to yourself, kind of like you would drop a pebble into a pond. And all these ripples radiate out from where the pebble went into the water. Say the word to yourself as you're dropping it into your into yourself and let the ripples of associations of feelings of attitudes connect this word kind of ripple out into yourself. These are words that somehow are tied to Goodwill or loving kindness for oneself. And then when you say each word you might say it a few times. But then you say that word, see if the word can also help the thinking mind become quieter. As if you're listening to a sound far in the distance, you're opening yourself up to listen to how this quality reverberates through you.

So the first word is happy

Happy

the second word is safety

Safety

the third word is peace

Peace

final word is love.

Love

Perhaps continuing, saying whichever of these words is most meaningful for you see if you can hold yourself in an attitude of goodwill generosity, perhaps reminding yourself you're a person who's capable of feeling these things. And how much how wonderful would be how appropriate it would be. If these could be these four qualities could be more of your life that you're worthy and it's okay to wish yourself this To allow this yourself, see yourself this way

And then the last couple of minutes of this sitting now back to simple practice of breathing, breathing in and breathing out as if breathing is at the middle of this wide universe of your experience

And then then this sitting, pick a couple of deep breaths and you get ready to open your eyes.