

Guided Meditation: Love from the Deep Heart/Mind

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Hello and welcome to this guided meditation, where we're continuing with meditation on *equanimous love*, which involves a shift of perspective, a shift of orientation for many of us. And the reason for that shift is that the everyday, ordinary ways of thinking, ways of reacting, are sometimes not the most accurate way of seeing ourselves or seeing the world. If we're seeing the world through our ideas and concepts and stories, even if they have some accuracy to them, they give a very limited view of life. It's like having just one book to read. Maybe it's an interesting book, but to read the same book over and over again. And it certainly has a perspective on life, that book, but it's only one.

And so the perspective we shift to is something that I call the deep mind. Rather than skimming along the surface mind, we drop down to the heart, right? Rather than living in our thoughts and ideas and futures and pasts only, drop deep down into our heart in a particular way to tap into our capacity for *equanimous love*. And for me, though, one of the primary reference points for this is having a bird's-eye view of life, a wide perspective. It's kind of like, and sometimes it's called, a grandparent mind, the *equanimous love*, because a grandparent has raised kids. A grandparent is old enough to have seen much of life, a lot of experiences in life, and so they see things in context.

So if they're sitting on the bench in the school playground watching the kids play, the dramas of the school playground are not as consequential. The grandmother loves the children, but she's not caught in their drama. She's seen it all before. And she cares, she loves, she knows this is how things are. The ups and downs of life, the challenges of life, is there to help and support and be available. But that love is not ruffled. It holds it in a wide space of time. And things come and go and change, up and down.

As opposed to someone who's riding each event as if this is the interpretation of stories, are caught up in this moment, this thing, this is the most important thing of the moment. And

then we go on to the next thing. I see that sometimes with how many people, including myself, will read the news every day. And the news of the day seems sometimes so important, so phenomenal. And within months, some of it's forgotten, and it's no longer there. It's receded. These things come and they go, but the reaction to it in the moment is, this is the most important thing. This is really big, and pulled into it.

So grandparently love is a time when we sit back on the wonderful park bench and have that wide view of things coming and going, and that challenges are needed for some people to grow and to change and mature, and that joys are also temporary. But to love, the perspective of loving, rather than the perspective of the surface mind. And so part of the function of meditation is to drop down into this deep mind, this deep heart, so that its perspective is part of the picture. Its perspective is included in a full way. And occasionally, like in meditation, dropping into it deeply and fully.

So assume a meditation posture and gently close your eyes. And see if there's some way you can adjust your posture or enter into your posture as if your posture, your body, is here to hold all of what's happening for you in gentleness, in safety, even if there are aspects of your body which don't feel so safe, feel dangerous, feel pain, or feel sick. Is there a wider field of body, or some place in your body, that can provide a sense of stability, a place of calm, a place that can?

Take some fuller breaths, fuller inhales, and a longer exhale, where these fuller breaths move through, come out of a place of safety within, a place of calm, maybe peace. And a longer exhale than usual, just a little bit longer, so there's a chance to settle down into a place of calm, stability, peace, and inhaling with that calm peace and letting it spread through your body. Spread peace, calm, not in conflict or struggling with where there's agitation or tension, but like soft water. It just flows around the tension, the pains, to soften, to moisten, to relax.

The inhale expands peace throughout the body like a water that flows around to fill the lake, flows around the stones, the hardnesses, the challenges, spreading peace through your body, settling into peace as you exhale, allowing the thinking mind to relax as you exhale, so that the mind partakes of the peace, dips into it. And then deep down below all your thoughts and thinking, deep down in your body, your heart, to touch a place of love, of goodwill, care, a tender warmth. And as you breathe, as you inhale, let that warmth spread with the expanding lungs and chest, and let there be a settling into the love as you exhale. And maybe it spreads in a different way. Breathing in and expanding the combination, or the togetherness, of love and peace, relaxing into love and peace within as you exhale.

And as you sit here, if you've been meditating for maybe, you can appreciate that many differ-

ent things happen in meditation. Things come and they go physically, mentally, emotionally. And over the wide span of time, maybe everything will come and go through your meditation practice, all your concerns and experiences, and somehow will come through. And rather than getting caught in the great significance of what's happening in the moment, settle back into the peaceful place, the loving place, the grandparently place, and look at it all through the eyes of love and knowing that it's all just the comings and goings. It's all what passes through meditation over time. It's okay.

Don't have to lock into what the drama of the moment is. It's okay to settle back with a peaceful love, and to care for it all, but not be pulled into the drama, not be hijacked by whatever is happening in a way that takes away your peace or your love, gazing upon all things with peaceful love, knowing in meditation all things will come, have their time, and go, and you make room for that changing nature of your experience, allowing it to change, settling down into the deep mind, the deep heart, that maybe is unbuffeted by the experience of life, but which can gaze upon all things with care and love without being activated.

And for these few minutes now, take the chance, the risk, to dip down to the middle of *equanimous love*, breathe with it, spread it, and see all things through its eyes. And from whatever depth within you of a settled, peaceful love, kindness, let that come up into your mind's eye so you can gaze upon the world kindly, without for or against, the need to act, react, and with a wide panoramic view, gaze upon the world kindly. Gaze upon the world with an *equanimous love* as if for the next minute or so, it's the only thing you have to do and you have complete permission to only gaze upon the world with an *equanimous love* and wishing all beings well.

Traveling out on the waves, the radiance of your kindness, spreading this wish for all beings to be well.

May all beings be happy. May all beings be safe. May all beings be peaceful. May all beings be free.

Thank you.