

Meditation Interconnectedness

Motivation

Calm the mind by spending a few moments focusing on the natural flow of the breath.

Generate a positive motivation by thinking that you are doing this meditation to become more aware of the profound interdependence all beings share with one another and from that to appreciate others, effortlessly feel love for them others and never harm them.

Contemplation

Begin by contemplating the words of His Holiness the Dalai Lama:

“However capable and skilful an individual may be, left alone, he or she will not survive. However vigorous and independent one may feel during the most prosperous periods of life, when one is sick or very young or very old, one must depend on the support of others.

Interdependence, of course, is a fundamental law of nature. Not only higher forms of life, but also many of the smallest insects are social beings who, without any religion, law or education, survive by mutual cooperation based on an innate recognition of their interconnectedness.

The most subtle level of material phenomena is also governed by interdependence. All phenomena, from the planet we inhabit to the oceans, clouds, forests and flowers that surround us, arise in dependence upon subtle patterns of energy. Without their proper interaction, they dissolve and decay.”

Now integrate this wisdom into your mind and how you live your life:

First reflect on your day so far. Remember some of the things you have done from the time you woke up until now. Who were you most aware of at these times? Was your focus on yourself or was it on others involved? If you were focused on others what was your attitude towards them – was it positive or not?

One by one, bring to mind the things you have remembered – cleaning your teeth, showering, eating breakfast, driving to work

Care of the mind

etc.

Look more deeply into each event and think of all the people who were a part of it:

Where did the water come from, the toothpaste and shower products, the hot water system, the towel?

Think of the people involved in any way with the house you live in or the car you drive.

Think of the people involved in producing the food you eat, the eating and cooking utensils, disposing of the garbage.

Think of the interdependence between you and the people involved in your work, your employees or employers, your work colleagues, the people who supply all the materials and buildings needed for your workplace, the people who benefit from your work or workplace.

During your meditation whenever you become deeply aware of the interconnectedness that exists between you and all other beings and how important others are in your life hold your mind in single pointed concentration on this awareness for as long as you can.

Finish the meditation by bringing your awareness back to your breath.

Dedication

“Due to this meditation may I become fully aware of the profound interdependence all being share with one another. May I appreciate others, effortlessly feel love for them others and never harm them.”

Venerable Lozang Rigsal

Karuna also has experienced people you can talk with on:
07 3632 8300 or karuna@karuna.org.au



This is a **Support and Learning** resource. More resources available at www.karuna.org.au/resources. Karuna is affiliated with www.fpmt.org

This work is licensed under a Creative Commons

[Attribution-NonCommercial-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-nc-sa/4.0/)

SLID 1045 V1