



karuna
dedicated holistic support

the kindest care

Care of the mind

Meditation Love and compassion

Motivation

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

Think: *“I am doing this meditation to have a more open compassionate heart and a peaceful mind. By achieving that, may I be of utmost benefit to everyone I come in contact with.”*

Contemplation

Begin by focussing the attention on the body and relaxing the muscles by allowing any tension to leave the body with the outgoing breath.

Imagine that surrounding are all other beings you share this universe with See your friends and loved ones behind you In front, see all those you dislike or who have hurt you Surrounding you in every direction, as far as you can see, are all the other people you don't know – strangers All these beings are sitting quietly just as you are.

Then think how they all are exactly the same as you, in the sense that they all want to be happy, they don't ever want to experience suffering and if they are suffering mentally or physically they want to be free of that. What they are doing, have done in the past or will do in the future is because of that wish to be happy and not suffer. In their own way they are all striving for this, even those who are angry or violent.

Generate love and compassion by first thinking of your friends and loved ones and allow the positive feelings of affection that you have for them to arise Remember how happy you are when they are happy and remember how you feel concern for them when they experience difficult times and how you want to protect them from even the smallest of suffering. Visualize this love and compassion as a warm, bright light glowing in your heart

Now practice feeling love and compassion for all others. Start with your family and loved ones sitting behind you. Visualize rays of white light going out from your heart. The rays fill their bodies and they feel extremely happy. Think, *“May you be happy and well and may you be free from any unhappiness May you never*

Care of the mind

experience suffering or unhappiness. May I only ever cause you to experience happiness."

Next, turn your attention to the people in front of you, those you have difficulty with, those who have hurt you or your loved ones, those who you have hurt, those you feel uncomfortable to be around. Visualize rays of white light go out from your heart. The rays fill their bodies and they feel extremely happy. Think, *"May you be happy and well. May you be free from any unhappiness May you never again experience suffering or unhappiness May I only ever cause you to experience happiness."*

Next turn your attention to all the other people around you, those who you know about or who know about you even though there is no strong connection. Love and compassion are without limit so imagine as many people as possible in the space around you. Visualize rays of white light go out from your heart. The rays fill their bodies and they feel extremely happy. Think, *"May you be happy and well. May you be free from any unhappiness May you never again experience suffering or unhappiness May I only ever cause you to experience happiness."*

Whenever a strong feeling of love and compassion arises in your mind stay single-pointedly concentrating on the experience of that for as long as you can.

Dedication

Finish with the thought, *"By doing this meditation now and in the future, may only be of benefit to others. May I have love and compassion for all others no matter whether they help me or harm me."*

Venerable Tony Beaumont

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



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