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LOVING KINDNESS MEDITATIONS

A survival in samsara wilderness kit

compiled by Mira Riddiford

LOVING KINDNESS FOR THE BODY

Loving Kindness Meditation, Circles/Spheres Moving Outwards from the Heart.

State your aspiration for your sit, it could be something like
“may everyone experience peace” or “may my heart feel some healing”



Then centre your awareness in your heart centre, drop down your focus in to your spiritual heart (heart chakra)

Then visualise **a mustard seed** sized ball of light, peachy golden (with hints of pink like a peach) in colour, filled with loving kindness for yourself and all beings. If it feels a bit tight or trapped by having that boundary, try adding movement by having a moving warming gentle flame in the circle. *(Note: feel free to skip the mustard seed if you find this too hard - go straight to the marble)*

Then move to visualising:

a marble sized ball of soft, gentle, alive, loving kindness

a squash ball

a tennis ball

a baseball

a volley ball

a basket ball

a medicine ball

a beach ball

then start moving out beyond your body once you feel ready.



Always remain centred in your heart, but expand the loving kindness outwards, *(no need to push or strive, go at your own pace - find the kindness in the meditation, find the caring love)*

Expand outwards to a ball that fills the:

whole room

the city, town you live in

the whole island you live on

the planet earth

then go out to space

and give loving kindness to the planets



Make note of which ball sizes you can not do and allow interest into this

If you do not wish to extend past your body, do not push it, it is fine to give the loving kindness to you body. If you find spheres/balls challenging - use flowers.

It is also fine just to stay at the size loving kindness you need for the whole sit.

This is a diagnostic meditation, let the meditation inform you of all sorts of detail of how your body and energy levels feel. Note any stuckness, or freedom. Note what feels pleasant or unpleasant.

Allow the meditation, with practise and time, to help you feel whole and revived.

Once you are finished dedicate the merit of the sit for all.

May these wholesome activities produce happiness and illumination
for the uplifting of all beings. x3

Review the practise, what went well, what arose, and what was challenging.

Revised by Mira Riddiford last edit May 11, 2016. www.mindfulnessseffect.org

This meditation has been inspired by the teachings of Bonni Ross.



WARM STRONG HEART MEDITATION

*'A strong heart, is a cultivated heart, it doesn't come naturally.
The capacity comes naturally... but we don't just naturally wander into wisdom.*

Wisdom is a thing that is cultivated.

*A heart that is tough enough to endure the realities of the world,
is a strengthened heart, it is a heart that is built, isn't it?' - Chimé Shore*

Warm, strong heart, where you sit in meditation with your hands gently holding, supporting the solar plexus, and saying gently and quietly to yourself "Warm, strong heart".

'warm strong heart' or 'cool mind, warm heart'

open breath

moving the energy

holding yourself

There, there alright. It's ok. It's ok.

Gently embracing the solar plexus, supporting.

Being there for: worry, nausea, anxiousness, fear, panic - tight in the solar plexus.

Warm and relaxed, not restricting.

warm strong heart

Say it in threes, move your lips, just once in awhile during the sit.

Good will, friendly attitude. You wish the world well. A fairer, meaningful life.

Respect for the body. Respect for the difficulties of life. Respect for the human condition.

Gold pink, peach, red gold, warm colour. Light like the sun and it goes in all directions.

The light of goodwill and it strengthens the heart.

Cultivate it for life, it is something that needs to be done forever, no delusion.

Warm feeling and it goes in all directions from the heart body.

Revised by Mira Riddiford last edit May 11, 2016. www.mindfulnesseffect.org. This meditation has been inspired from the teachings of Chimé Shore.

FURTHER TEACHINGS ON LOVING KINDNESS (METTA)

"The practice of loving-kindness is one of the excellent tools to train the mind to move in the way of joy, choosing to live each moment with an open heart. When one practices honesty - that is, accepting what is present - and develops a habit of investigating what is given freely without mental revulsion, happiness will grow." - Cecilie Kwiat

"Why do Loving Kindness practice? Because it is Bliss!" - Ven. Namgyal Rinpoche

"Metta means to soften, to melt, to mix" - Lama Mark Webber

"Metta means the embrace of the friend, as in mitta, kalyanamitta" - Lama Karma Chime Shore



LYRICS FROM NOW BY PARAMORE
ARTIST AS YET UNKNOWN

WHY DO MINDFUL BREATHING?

“Do you have someone to love? We all want to love and be loved. If you do not have anyone to love your heart may dry up. Love brings happiness to ourselves and to the ones we love.

You think you can change the world, but do not be too naive. You may be able to give beautiful talks about harmony, but if you are not prepared, you will not be able to put your words into practice.

We want to go out and share what we have learned. But if we do not practice mindful breathing to untie the knots of pain in ourselves, the knots of anger, sadness, jealousy and irritation - what can we teach others? We must understand and practise the teaching in our daily lives. People need to hear how we have overcome our own suffering and irritations in our own heart. When we talk about the Dharma, our words need to have energy. That is not possible if our words only come from ideas, theories or even sutras. We can only teach what we have experienced ourselves.” - Thich Nhat Hanh

SUN BELLY MEDITATION

Sit comfortably in your normal meditation posture
Visualize a warm yellow sun in your belly, like a radiant inner sun.

Traditionally this is centred four fingers down from your belly button.

Imagine this inner sun nourishing your lower digestive and reproductive organs by soaking them with yellow, energizing light just like the sun in the sky nourishes all life on earth.

Drop down into your belly, your depths, your wisdom brain

There, there alright. It's ok. It's ok.
Gently embracing the belly, supporting.

Being there for: worry, nausea, anxiousness – any tightness

Warm and relaxed,

Good will, friendly attitude. You wish the world well.

A fairer, meaningful life.

Respect for the body. Respect for the difficulties of life. Respect for the human condition.

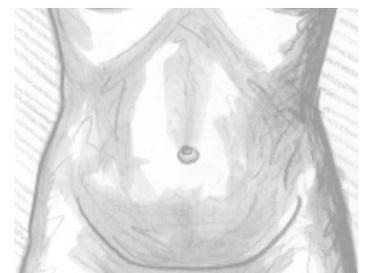
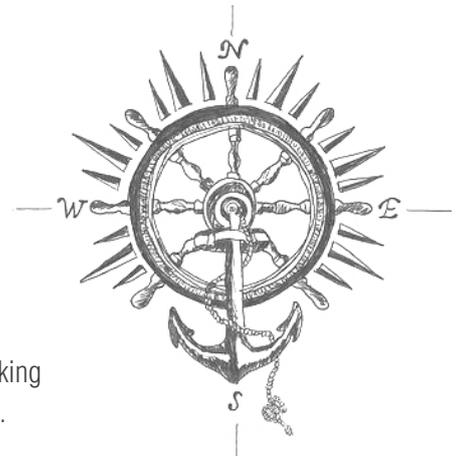
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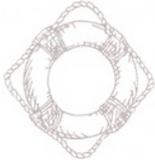
The light of goodwill and it relaxes the belly.

Cultivate it for life, it is something that needs to be done

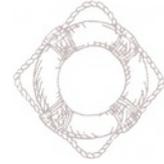
Warm feeling and it goes in all directions.

Compiled by Mira Riddiford last edit May 11, 2016. www.mindfulnesseffect.org.
This meditation has been adapted from Warm Strong Heart meditation to help with tension in digestion and belly. It is inspired by the teachings of Chimé Shore.





KARANIYA METTA SUTTA



Buddha's Teachings on Loving-Kindness (from Sn 1.8)

This is what should be done
By one who is skilled in goodness,
And who knows the path of peace:
... Wishing: In gladness and in safety,
May all beings be at ease.

Whatever living beings there may be;
Whether they are weak or strong, omitting none,
The great or the mighty,
medium, short or small,

The seen and the unseen,
Those living near and far away,
Those born and to-be-born –
May all beings be at ease!

Let none deceive another,
Or despise any being in any state.
Let none through anger or ill-will
Wish harm upon another.

Even as a mother protects with her life
Her child, her only child,
So with a boundless heart
Should one cherish all living beings;

Radiating kindness over the entire world
Spreading upwards to the skies,
And downwards to the depths;
Outwards and unbounded,
Freed from hatred and ill-will.

Whether standing or walking, seated or lying down
Free from drowsiness,
One should sustain this recollection.
This is said to be the sublime abiding

By not holding to fixed views
The pure-hearted one, having clarity of vision,
Being freed from all sense desires,
Is not led again into suffering.[39]