

Loving-Kindness

Part 13.2

GUIDED MEDITATION: Loving-Kindness



find a comfortable place to sit



just sitting normally

allowing your eyes to close

Taking a few moments to settle
the body.

Just allow yourself to be here.

take a couple deep breaths

breathing in deeply

breathing out slowly

breathing in deeply

breathing out slowly

allowing your breath to return to
its natural rhythm

Just allowing the body to
breathe itself.

There's no need to control the
breath in any way.

we'll be working with pain and
discomfort in the body

Just Learning how to bring our
attention to the pain and
discomfort,

and how to be there with
gentleness, and kindness, and
compassion, and how to pull our
attention back from it, if it's
overwhelming

just connecting with the breath

connecting with the present
moment

Feeling the in and out.

Feeling the rising and falling.

Just tapping into the raw texture
of the breath.

Whenever you notice that your mind has gotten lost in thought, just acknowledging the thinking mind, and then patiently bring your attention back to the breath or back to sounds.

bringing your attention to any spots of pain or tightness in the body, or any physical discomfort at all, even if it's a minor discomfort

Just bring your attention there
and see if you can tap into the
physical sensations that you
notice.

Letting go of the concept of
pain, but tapping into,

“What am I actually feeling?”

“Is it hot or cold?”

“Is there a vibration, or stretching?”

Really being curious,

“What does this pain feel like?”

Bringing your awareness there.

Seeing if you can be with the
pain, or be with the discomfort
patiently, just observing with
equanimity.

“Ah, right now it feels like this.”

If it no longer calls your attention,
or if the pain goes away, you can
just bring your attention back to
the breath, or back to sounds.

Wherever you are just
connecting with what you are
experiencing in the present
moment.

Without judging anything as
good or bad.

Just noticing, observing.

If you have a very strong or intense pain in the body, you can invite your attention to go there and just see if you can be with it patiently.

See if your mindfulness and equanimity are strong enough to be there without cultivating aversion.

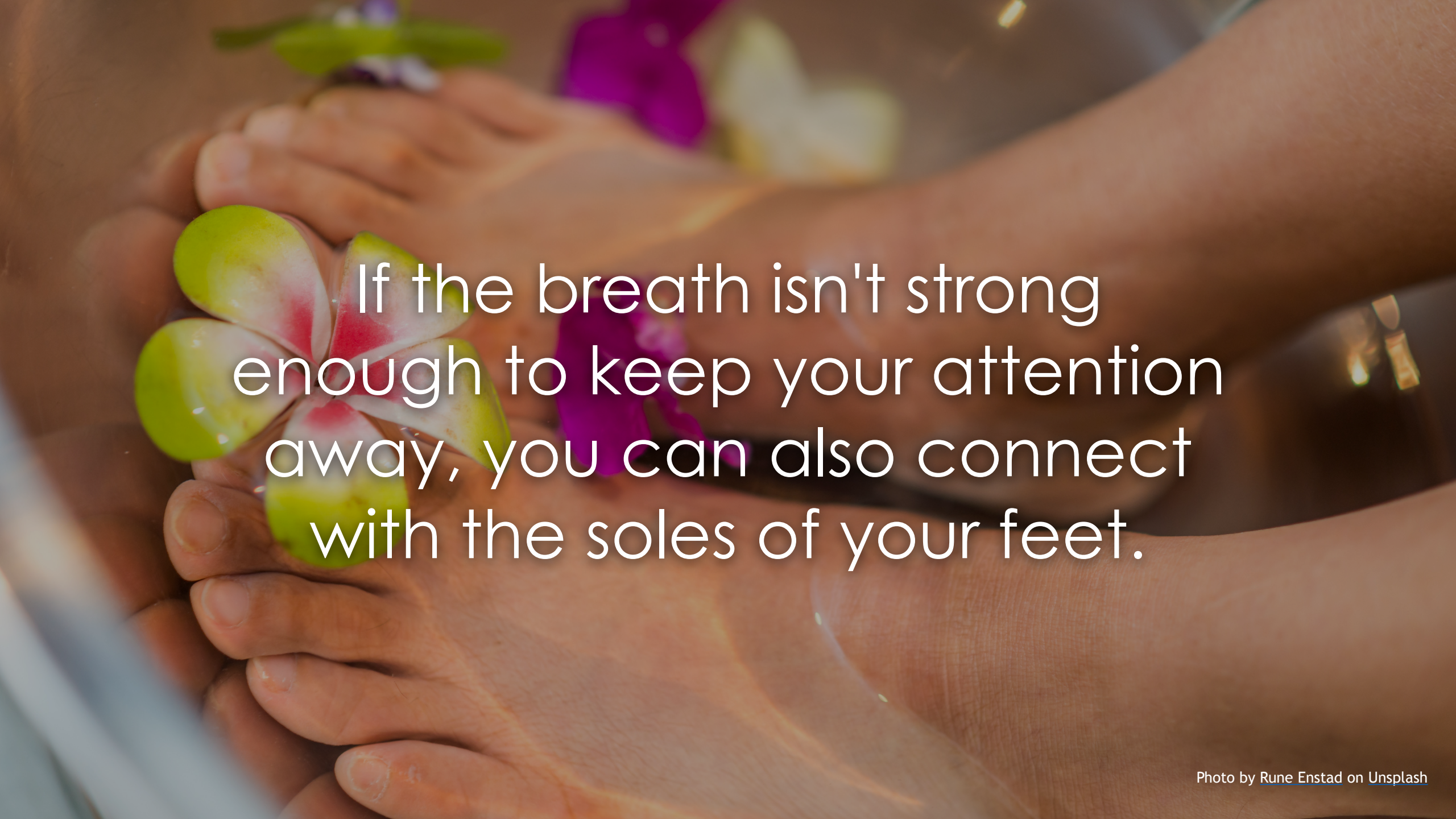
See if you can just notice the
physical sensations.

if the sensation is too strong, if
the pain is too overwhelming, it's
totally fine to just bring your
attention back to the breath,
feeling the rising and falling

the pain will call your attention
again, and you can see if you're
able to go there

if it's too strong, just keep your
attention with the breath

Keep routing your attention down.



If the breath isn't strong enough to keep your attention away, you can also connect with the soles of your feet.



Just bringing your awareness
down into your feet and
feeling that connection with
the floor beneath you.

if the pain is just excruciating, if it's
too overwhelming, it's OK to
change your posture or to stand up

It's even OK to stop meditating.

we just want to see if we can be
with pain, but when it becomes
overwhelming, when we're just
cultivating more aversion, then
it's fine to take a break

do what you need to do to take
care of yourself, to be
compassionate, practicing self-care

Bringing your attention to pain in the body when you're able to, and when it's too strong, connecting with the breath or with the soles of your feet.

And if even that is too much,
then just taking a break and
coming back to meditation
later on.

take a deep breath

Breathing in deeply

breathing out slowly

Breathing in deeply

breathing out slowly

gently allow your eyes to open

Bringing your awareness back
into the room, back into your
body.

congratulating yourself for doing
this difficult practice of being
with pain in the body

Next Video

The Obstacle of Doubt and Self