

GLADDENING THE MIND:
MEDITATING IN THE DIVINE ABODES

Session Two: Lovingkindness

MIND STATES

“Buddhist teachings are not a religion. they are a science of mind.”

— The Dalai Lama

“If you want to understand your mind, sit down and observe it.”

— Anagarika Munindra

AFFLICTIVE AND BENEFICIAL MIND STATES

What's in your mind?

Replacing an Afflictive Strategy with a Beneficial Strategy.

This is what we're doing when we cultivate the Divine Abodes.

These are concentration practices.

CONCENTRATION PRACTICE

“Attention is directing or steering back.

Concentration is steadiness.

Concentration requires continuous, effortful activity.

The only entrance to concentration is devotion.” — Dan Brown

“Kindness,” by Naomi Shihab Nye

LOVINGKINDNESS MEDITATION

Setting the Stage ...

Establishing your posture ... setting your intention ...

Asking for assistance from those who have walked this path ... implanting the positive qualities ... removing obscurations and limiting beliefs ... implanting the Views ...

Steering the mind toward the three point object: the rising breath ... the falling breath ... and the felt sense of the whole body ... and when the mind gets quiet, the sound of silence ...

THE CATEGORIES

Beginning with yourself ... for someone who has been kind to you ... a dear one ... a stranger ... a difficult person ... anyone who comes to mind ... for all beings, without exception

THREE ASPECTS OF THE PRACTICE

The Phrases

The Feeling

The Energetic Field

FORMAL AND INFORMAL PRACTICE

A single word or phrase, for example, “May you be peaceful.”

Dropping the mind into the heart ...

Coupling the metta intention with the Sound of Silence

Moving from “narrow mind” to “spacious mind”

HINDRANCES TO LOVINGKINDNESS: DESIRE AND AVERSION

Attachment: desire, seeking, grasping, guarding

Aversion: outward anger and rage, inward grief, fear,
disappointment, despair

Holding desire and aversion in lovingkindness

KIND ONE, DEAR ONE, STRANGER

Someone who has helped you along your path in this life

Someone you carry in your heart

Someone whose name you do not know

Everyone wants to be happy and free from suffering.

THE DIFFICULT PERSON

Don't start with your *most difficult* person!

Have compassion for your difficulty in offering lovingkindness
to your difficult person.

When there are difficult aspects of oneself “May I hold this
with kindness.”

A FIFTH DIVINE ABODE: FORGIVENESS

The all too human realities of grievance, resentment, and harm

Asking forgiveness from others

Offering forgiveness to others

Offering forgiveness to oneself

RESOURCES

Sharon Salzberg: *The Force of Kindness*

Sharon Salzberg, *Lovingkindness*

Sharon Salzberg, *A Heart as Wide as the World*

Sharon Salzberg, *Faith*

CONTACT

gordonpeerman@gmail.com

oneriverwisdomnashville.org