

GLADDENING THE MIND:
MEDITATING IN THE DIVINE ABODES

Session Three: Compassion

WHAT IS COMPASSION?

When Lovingkindness meets suffering, it turns to Compassion.

Compassion is the intention to relieve suffering, through one's being and one's actions.

Accessing inborn Compassionate Capacity

ACCESSING ... TUNING IN

Establishing your posture ... grounding ... aligning ...
spaciousness ... open-heartedness ...

Some deeper than usual breaths ... in through the nose ... out
through the mouth ... then returning to your usual breathing ...

Making contact with your deepest intention, why you're doing
this meditation ...

ASKING FOR ASSISTANCE

Inviting the Retinue of Masters, the Communion of Saints, Ancestors, Spirit Beings, to assist you in your meditation

Ask them to place in your heart/mind stream the qualities of heart and mind you most need ... especially trust ...

Ask them to remove any obscurations of heart/mind ... any limiting beliefs ... especially criticism and judging

VISUALIZATION

Choose an Exemplar of Compassion ... picture them vividly before you ... white light from their forehead to yours ... red light from their throat to yours ... blue light from their heart to yours ... then let their form merge into every cell of your body ... so that your heart/mind becomes that of the Exemplar of
Compassion

THE PHRASES

May you be free from suffering ...

May you be peaceful (at ease, happy, etc)

May you hold this suffering with kindness and compassion

THE CATEGORIES

Someone(s) in need ... dear one(s) ... benefactor(s) ...
stranger(s) ... difficult one(s) ... yourself ... all beings without
exception

FOR PARTS OF YOURSELF

The striving part ... the worrying part ... the judging part ... the fearful part ... the sorrowing part ... the disgusted part ... the ashamed part ... the contemptuous part ... the hurried part ... the ruminating part ... the dominating part ... the obsessive part ... the hopeless part ... the helpless part ... the complaining part ... the hiding part ... etc.

Ask this part what it needs ... imagine it receiving what it has always needed from a Compassionate figure

FOUR IMMEASURABLES PRAYER OF BODHICITTA

May you have happiness and the causes of happiness

May you be free from sorrow and the causes of sorrow

May you never be separated from the sacred happiness which is
sorrowless

May you live in boundless equanimity, without attachment, and
without aversion.

SENDING AND TAKING: TONGLEN

Visualize a diamond (dorje), the size of a quarter in your heart ...

This is the diamond of indestructible and infinite Compassion ...

Breathe in any suffering into the diamond, where the suffering is immediately zapped on contact with the diamond ...

Then breathe out Compassion ... for yourself, for any part of yourself, for any being.

DEDICATION OF MERIT

Whatever merit, whatever benefit, whatever blessing, whatever goodness has arisen from our practice, may it ripple out to all beings, without privilege, without exception.

RESOURCE

Jack Kornfield, *The Wise Heart: A Guide to the Universal
Teachings of Buddhist Psychology*