

Lovingkindness Meditation

The language below is drawn from the website of *Greater Good In Action* at the following link: https://ggia.berkeley.edu/practice/loving_kindness_meditation. The language that appears there is itself adapted from a meditation created by researcher Emma Seppala, Science Director of Stanford University's *Center for Compassion and Altruism Research and Education*. The language below has been adapted to focus on recovering from deep life wounds.

Preparation

Close your eyes. Sit comfortably with your feet flat on the floor and your spine straight. Relax your whole body. Keep your eyes closed throughout the whole visualization and bring your awareness inward. Without straining or concentrating, just relax and gently follow the instructions.

Take a deep breath in. And breathe out.

Recall an instance of great pain in your life.

Receiving Lovingkindness, Step 1

Keeping your eyes closed, think of the person you were at the time of the painful event. Though it may be difficult and painful, think of how you felt in the midst of the experience and how it affected you at the time. Feel it as fully as you can. Don't bury it; dig it up.

Then, as the person you are now, and allowing the Spirit of God to flow through you, envision yourself wrapping your old self (i.e., the person you were at the time of the painful event) in arms of everlasting love, beaming compassion at your old self, and speaking the following phrases to your old self:

May you be at peace, may you be happy, may you be healed from your pain and become stronger and more beautiful because of it. (Repeat two more times as Jesus did in with Peter in John 21.)

Let your old self bask in the warmth of these wishes and love coming from all sides. You are filled and overflowing with warmth and love.

Receiving Lovingkindness, Step 2

Keeping your eyes closed, think of the person you are now. Think of how the painful event affects you as you are now. Feel it as fully as you can. Don't bury it; dig it up.

Then, allowing the Spirit of God to flow through you, envision yourself wrapping the person you are now in arms of everlasting love, beaming compassion at yourself, and speaking the following phrases to yourself:

May you be at peace, may you be happy, may you be healed from your pain and become stronger and more beautiful because of it. (Repeat two more times.)

Sending Lovingkindness, Step 1

If there was a person who hurt you in your painful experience, bring your awareness to them. Imagine the brokenness and challenges that person experienced that shaped them and brought them to the role they played in your pain. Imagine their pain. Don't run from it; open yourself to it for a few moments.

Begin to send love back in time to that person as they were then, and to them as they are now. Send all your love and warm wishes to that person, and speak the following phrases:

May you be at peace, may you be happy, may you not stay stuck, but rather learn and grow from what happened, and be healed from your pain. (Repeat two more times.)

Sending Lovingkindness, Step 2

Now bring your awareness to God and to how you felt about God at the time of your painful experience and how you feel about God now as a result of that painful experience. Imagine the pain that your pain brought God. Imagine how hard it is to be God.

Begin to send love back to God. Send all your love and warm feelings to God, and speak the following phrases:

There is so much I don't understand, but I do know that you love me infinitely, that you have always been with me and always will be, and that you will give me the power not just to heal from my pain, but to become eternally more beautiful because of it. (Repeat two more times.)

Sending Lovingkindness, Step 3

Now think of all living creatures who have experienced pain, are experiencing pain, or will experience pain. Imagine their pain. Don't run from it; open yourself to it for a few moments. Then speak the following phrases:

As a fellow traveler who has also experienced pain, I open my heart to you. May you be at peace, may you be happy, may you be healed from your pain and become stronger and more beautiful because of it. (Repeat two more times.)

Repeat this Lovingkindness Meditation over the course of time until it weaves its way into the essence of your being, allowing yourself to become a channel of God's infinite love.

"For this slight momentary affliction is preparing us for an eternal weight of glory beyond all measure." I Corinthians 4:17.

The Healing Time

By Peshya Joyce Gertler

Finally on my way to yes
I bump into
all the places
where I said no
to my life
all the untended wounds
the red and purple scars
those hieroglyphs of pain
carved into my skin, my bones,
those coded messages
that send me down
the wrong street
again and again
where I find them
the old wounds
the old misdirections
and I lift them
one by one
close to my heart
and I say holy
holy.