

The Path of Loving Kindness

By Ruth Rinehart

Here is a transformative technique. Loving-kindness is a specific Buddhist meditation, but it can be used as simple prayer, throughout one's life. If you practice this loving kindness path, I promise you, you will be amazed at the results!

Here's how it works: you always start with yourself, always, always, start with yourself. If you have trouble with this, it indicates some internal feelings of lack of worthiness, and that means it is very important for you to continue this practice.

Either in meditation, or in prayer, say these words, mindfully. Repeat them until you are filled with a true sweetness:

May I be filled with loving kindness.

May I be well.

May I be peaceful and at ease.

May I be happy.

Say these words slowly and joyfully, allowing yourself to shift into a loving and peaceful frame of mind. May you be filled with loving kindness. May you be well. May you be peaceful and at ease. May you be happy.

Once you have established this loving kindness practice for yourself, speak these words for loved ones. Then, only then, should you use this practice with the people in your life whose relationship with you is challenging. You need the firm foundation of loving kindness for yourself before you are strong enough to pass loving kindness onto these others.

I am smiling, because I treasure the thought of each and every one of you giving yourself the gift of a loving kindness practice. I cherish the thought of all the sweetness for your heart! And the hearts of your loved ones!

Please let me know if you enjoy this practice and how you experienced it. My intention with this newsletter is to offer a tip or technique, a gentle reminder to bring love and balance into our lives. The intended schedule is once or twice each month. Please let me know if there is a specific topic you would like to see developed. (And, thanks to Jack Kornfield for the Loving Kindness mantra.)

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