

**Notes from Group Meditation- Oct 9, 2024,
2024**



Loving Kindness and a bit more

Today's practice is based on the traditional Loving Kindness meditation with little expansion.

The election drawing near creates a time when some people are working to divide, to discredit, to dishonor others. Do pause for a moment and consider that statement. We discredit, discount others to elevate ourselves, to make ourselves feel better about ourselves or to make others think better of us. How's that working for you? Haha. None of us would consciously do that but with a world immersing us in this behavior, let's take action in the opposite direction to hope to keep some balance in the world and even to help.

We started with practicing becoming the observer of our own minds. There's a separate handout on that if you'd like to review. Breathe, when your mind wanders, make a note of what it wandered to, then redirect it back to the breath with love.

Now for loving kindness. Start with sending love to someone you love, breathing in energy, then sending it out to someone who is dear to you. Know they do receive this energy. It's real and measureable. Continue for a few breaths.

Then call to mind a person who you really don't know but seems nice. Breathe in and send loving kindness to that person. Continue as you wish.

Sending this same loving kindness energy to yourself. Breathe in and feel that energy fill your heart center then flow through your body. Maybe send it to areas of your body or mind that need some extra support.

Now call to mind a person who bugs you. Not the worst person, the most upsetting... nonono. Just someone who irritates you, can push your buttons. It's easy to send living kindness to people we care about or are ambivalent about but to someone who we don't like, Oh, this is harder. So allow me to add a new perspective.

I learn a lot from Paul Selig, a channeler. Paul has channeled many books from his Guides. (PaulSelig.com) One lesson I learned from Paul's guides is this. Each of us, each being is body and spirit or energy. Even those who don't acknowledge or feel connected to their spirit... spirit is still there. As you call to mind this irritating person, picture them near you but focus on the truth that they are body and spirit. Spirit is light, it is love, that is there even though the person's behavior feels nothing like that.

They have, all have a spiritual aspect. They are an energetic being. They have a higher self. Even if they have no awareness of any of this. Imagine you see them coming down the hall and you energetically are engaged or at least aware of their spirit. You can honor that spirit with just a thought. I won't lead you through how an interaction with them might go but if we bring our awareness onto all of them, it affects how we actually do interact with them. What comes out of your mouth is different. And even if you don't communicate with them, your awareness of their spiritual/energetic self has energized their spirit. You don't speak of it, you might just walk by and give them a kind look but your heart center, your higher self has connected, just briefly with them. All beings have spirit, they all have a higher self. Even those thought of as being "horrible" has a spiritual aspect. When we think of others, especially those who we don't like, it's very important to acknowledge the spiritual aspect. It gives power to the possibility that they might wake up to that part of themselves at some point down the road. No preaching, just loving,

Now release that connection to that person. If you must imagine taking out your scissors and snipping the ties of energy to them, do that. Now turn your attention to the group. Practice seeing each individual in our circle as spirit and body. Some of these people you might know a bit but others are new. But because they're here you sense their physical and spiritual, their visible and invisible, their practical/ logical and magical energies. Breathe in and allow your energy to reach out to them, all around the circle.

As you continue to breathe, allow your awareness to rest in the center of your chest. Every breath in builds energy there. Imagine the energy is a light. Every breath bring in more light until head to toes, your body is filled with light. If I turned off the lights, you'd see the light shining through the pores of your skin. But skin doesn't restrict energy. It expands outside your skin so you're sitting in an egg of light. More breaths, egg grows so my egg and your egg touch. While our bodies are individual, energy is a sort of universal thing, so connective our energies this way doesn't feel intrusive. We all end up sitting in a big ball of light. Send this bright energy to anyone who needs it, to an area of the country or our world that is in strife. Notice as we all send energy out, the circle of energy doesn't shrink. We never run out of this light. Sweep some of it right back into your heart, allowing hands to rest of your chest for a moment. When you're ready, open eyes and notice how you feel. Loving kindness? Oh yes.

There are more online resources at <http://www.SuniMoon.net/resources>