

# START MEDITATION BEGINNING PRACTICE

When you practise *Mindfulness of Lovingkindness* meditation, you first start by sending loving feeling and kind thoughts to yourself.

Remember a time when you were happy. When that *happy feeling* arises, and *you smile*, it is a warm glowing feeling in the centre of your chest.



Source: TWIM – David C Johnson, ‘The Path to Nibbana’.

# START MEDITATION BEGINNING PRACTICE

## THINKING OF GOOD THINGS

Some of you may complain, and this is not uncommon, that you cannot recall any good memories.

Can you then imagine holding a baby and looking into the baby's eye? Do you feel a loving feeling? When that baby smiles, do *you*?



Source: TWIM – David C Johnson, 'The Path to Nibbana'.

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## THINKING OF GOOD THINGS

Another idea is to imagine a cute little puppy. When you look at the puppy, you naturally *want to smile* and play with him.

The *feeling* you are creating is a warm, glowing, and sincere feeling radiating from your heart, your lips, your eyes, and your mind.

Once you have established this feeling, use this feeling to wish yourself happiness.



Source: TWIM – David C Johnson, ‘The Path to Nibbana’.

# START MEDITATION BEGINNING PRACTICE

## MAKING SINCERE KIND LOVING WISHES TO YOURSELF



Just as I was happy then, may I be happy now. Continue with phrases like ‘May my mind be peaceful and calm’, ‘May I be filled with joy’, ‘May I be cheerful’, ‘May I be content’, ‘May I be tranquil’.

Do you know what it feels like to be peaceful and calm? Then put that feeling and yourself in the centre of your heart and surround yourself with that happy feeling.





# START MEDITATION BEGINNING PRACTICE

Only repeat a wish enough times to bring up the feeling. Do not repeat over and over and make it a mantra. When the feeling comes up, drop the phrase. Repeat this when the feeling fades away.

It is not important that you clearly see the *object of meditation*. Just **know** it is there. Keep the feeling of yourself in the centre of your chest, wrapped in this happy and content feeling.



# START MEDITATION BEGINNING PRACTICE

And we do really feel good! Feel peaceful, or calm, or loving, or gentle, or kind, or giving, or joyful, or clear, or tranquil, or accepting.



Be okay sitting and feeling this. It's *okay* to feel good, so let yourself be there in the present, just feeling this contentment.



# START MEDITATION BEGINNING PRACTICE

You have nowhere to go; you are on a little vacation from life now. *There is nothing to do other than to be happy and radiate that feeling to yourself.* Can you do that?



# START MEDITATION BEGINNING PRACTICE



**Don't try to be happy.**  
***Be happy! Be content.***

***Be at peace.***

***Right here.***

***Right now.***

**You have our  
permission to be  
happy for at least the  
next 30 minutes!**



# START MEDITATION BEGINNING PRACTICE

This *is* a  
feeling  
meditation.

**DO NOT**  
over observe the  
centre of your  
chest trying to  
bring up a  
feeling of  
Lovingkindness!

**DO NOT**  
force a feeling  
when there  
isn't one!



# START MEDITATION BEGINNING PRACTICE

SMILE

AND FEEL THE SMILE  
ALL THROUGH YOUR  
BODY

As you say the phrases, *bring this feeling up*, and it will resonate in your heart area on its own.

*Sincerely* wish yourself happiness.

Believe it, and know that you *do* wish happiness for yourself. Just be with this feeling, know it is there, and smile with it.



# START MEDITATION BEGINNING PRACTICE – blocks in sending Lovingkindness feeling may arise



**UNHAPPY**



When you start sending loving and kind thoughts to yourself, there may be some blocks that come up such as saying to yourself, ‘No, I don’t deserve to be happy like this.’ This *aversion to your own happiness* is a distraction.

Later, when you begin feeling this feeling towards others, know that similar blocks may come up and these are distractions too.



# START Meditation

## Lifting Beginning Practice Blocks



**In Metta practice the first step is to accept and allow yourself to be happy and peaceful. It's okay.**

**After that, it will be easy to send loving and kind thoughts to other beings.**

**Since you feel that happiness in your own mind, you will be happy to share that feeling with other beings.**

**Love oneself first. Then only able to love others.**



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# START Meditation Sitting Posture - 1

It is not required that you sit cross-legged. Choose a posture that is familiar to your body, like you may sit on a chair. There is no 'magic' in the floor.

**When you are sitting, sit with your back reasonably straight. Not too tight. Don't move your body at all. Don't wiggle your toes or fingers; don't twitch or itch; don't scratch; don't rub, don't rock back and forth. Don't change your posture at all. Sit very still like a Buddha statue.**



# START Meditation Sitting Posture - 2

## Important to Sit Still



**When you sit still the mind calms down. If there is any movement at all the mind will be distracted.**

**Just as jello sets up it must be cooled and not jiggled around in order to solidify.**



# START Meditation: A *Smiling* Meditation - 1

This is a *smiling* meditation.

When the corners of your mouth go up, so does your mental state. This is the reason why you need to keep smiling.

Conversely, when the corners of your mouth go down, so does your mental state.



# START Meditation: A *Smiling* Meditation - 2



Smile in your mind.



Smile in your eyes.



Smile at your lips.



Smile in your heart.

Put a little smile on your **lips**,  
and also a **smile** in your **eyes**  
even though your eyes are  
closed.

Put a smile in your **mind** and,  
especially put a smile in your  
**heart**.

**Smile conveys Lovingkindness!**



# START Meditation: *A Smiling Meditation* - 3

It can be a mechanical smile at first, eventually, it will turn into a sincere happy feeling. Smile conveys Lovingkindness. It is important to believe it!

**Smile from your heart, smile with your lips, smile in your eyes, smile from your mind!**



Source: TWIM – David C Johnson, ‘The Path to Nibbana’.

# START Meditation: A *Smiling* Meditation - 4

If your mind wanders away for 25 times in a sitting, and **25 times you recognised it**, release it, relax, re-smile, and return to your meditation, then you have had a good meditation.

It definitely might not be a quiet and calm meditation, but it is an active meditation, and this can still be a good meditation!



# START Meditation: *A Smiling Meditation* - 5



**Each time your mind wanders away and comes back, and you relax and smile, you are *developing your ability to see a distraction and let it go.***

# START Meditation: A *Smiling* Meditation - 6

As you continue to use 6Rs, you are improving your *Mindfulness*, your observation power. You will get better at the practice, and your powers of observation will get stronger.





# START Meditation: A Wandering Mind – Distractions 1

You are with your object of meditation, which is the warm glowing feeling in the centre of your chest. You are experiencing this feeling; *then you are distracted by some thought or sensations.*



# START Meditation

## A Wandering Mind - Distractions 2

It might be a sensation of itching, a desire to cough, a burning sensation, or a painful feeling in your leg. It might be a memory of conversation with a friend or a trip to the lake. Or it could be a thought about something you need from the store.

**SUDDENLY** you are with that distraction rather than with your object of meditation.



# START Meditation

## A Wandering Mind – Distractions 3

In other words, your attention is somewhere else, not on your meditation object. You are not sure how you got there or what you are supposed to be doing.

- ❖ Then you remember that you are meditating and that you are supposed to be on your *object of meditation*.

Remember – that this is the  
**1<sup>st</sup>** part of the definition of  
*Mindfulness!*



# START Meditation: *Mindfulness*

## Training Power of Observation -1

If you let go of your thinking about the distraction, and relax slightly, you can observe that there is a tight mental fist wrapped around that sensation or thought.





# START Meditation: Mindfulness

## Training Power of Observation -2



**You can also observe that you don't want the distraction there. You want it to go away. But the more you want it to go away, the bigger and more intense the distraction becomes.**

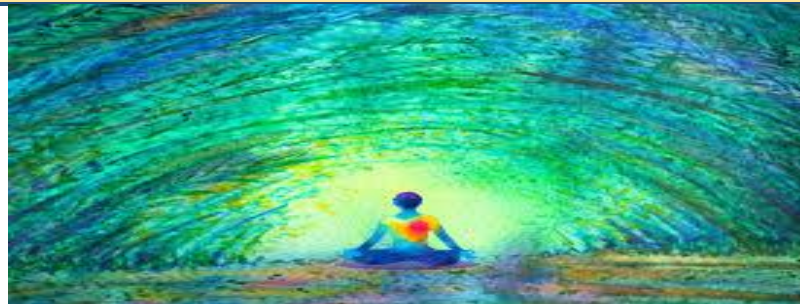
# START Meditation: *Mindfulness*

## Training Power of Observation - 3

So your mind is on this itch, this pain, this thought.

How did your mind get there? It didn't just jump there. There is a process that happens.

❖ You begin to see how your *mind moves from one thing to another.*



# START Meditation: *Mindfulness*

## Training Power of Observation - 4

***DON'T THINK*** about how your mind got distracted.

Instead, you ***OBSERVE*** carefully how the process happens.

We are not analysing why anything happens.  
Your job is to simply observe what is happening.



**START Meditation: *Mindfulness***  
Training Power of Observation - 5

**Observe** the way the mind  
*moves and reacts* in the  
present.

This is the 2nd part of *Mindfulness*.





# START Meditation: *Mindfulness*

## Training Power of Observation - 6

The truth is that when a sensation is there, it is there! It is okay for it to be there. You are going to have distracting thoughts and sensations come up, and that is okay.

Thoughts are not your enemy. In fact, they are opportunities.



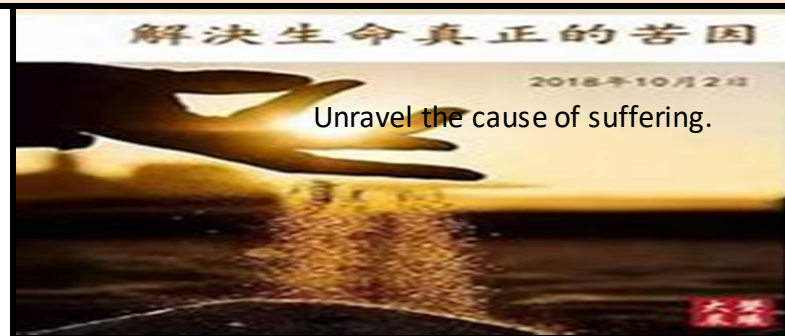
# START Meditation: *Mindfulness*

## Cravings and Releasing Cravings -1

Every thought, every feeling, every sensation that arises and distracts your mind also causes tightness.

This tightness is how you recognise the very start of Craving and, as you may know, the Second Noble Truth says that Craving is the cause of suffering!

**Life is not suffering. Craving is what makes it so.**



# START Meditation: Cravings and Releasing Cravings -2



The Lamp of Awareness

**Distractions are telling you what you crave – the things to which you are attached.**

**Seeing and understanding what you like and dislike is the first step toward letting go of those attachments.**

# START Meditation: Cravings and Releasing Cravings - 3

Any time that there is a **distraction**, there is a perceptible movement in the brain. The thought **causes tension or tightness to arise**, which we are able to **observe**.



The Buddha Speaks of the Samsara.



# START Meditation

## Cravings and Releasing Cravings - 4

Any time you notice this tension and tightness, you want to actively relax and soften into it. By relaxing, you are releasing the Craving.



# START Meditation

## Back to Pure Mind- 1

**Right after you relax and release the Craving, you will notice that your mind is very peaceful and calm. Your mind is alert, and there are no thoughts.**

**At this time you have a pure mind.**



# START Meditation: Back to Pure Mind - 2



Now bring that pure mind back to your object of meditation:

❖ The feeling of Lovingkindness and smiling – that warm, radiating, happy feeling.

# START Meditation: Back to Pure Mind- 3



**Now make another wish for your happiness, put that feeling into your heart, and radiate that happy feeling to yourself.**



# START Meditation: Aware of the Present -1



**It does not matter how many times your attention is pulled away by a distraction. Thoughts and sensations do not go away the first time you notice them, and that is okay.**

# START Meditation: Aware of the Present -2



**As these distractions come back again and again, you will become increasingly familiar with how they arise.**

**With practice, their intensity and frequency will subside.**

# START Meditation: Mindfulness Revision

❖ **Mindfulness** means to remember to observe how mind's attention moves from one thing to another.

The *1st part* of Mindfulness is to remember to watch the mind and remember to return to your object of meditation when you have wandered off.

The *2nd part* of Mindfulness is to observe how mind's attention moves from one thing to another.

