

Centering/Meditation for Satir Global June 24, 2020
Roger and Nancy Harmon

Below is text of an adaptation of a loving kindness and compassionate practice of meditation teacher and psychotherapist Livia Walsh of Encinitas, California. Text of the adaptation is below.

For full version (for which only audio version is available,) see www.liviawalsh.com Select the Audios and Videos link. Then select the Loving Kindness and Compassionate Practices section, and then of the five practices, select the "Loving Kindness and Compassion Practice."

Please find a comfortable posture, in which you can relax your body. Take in a steady, deep breath. And if it fits for you soften or close your eyes. Please take another breath as I begin sharing words adapted from a meditation learned from Livia Walsh who follows the traditions of Jon Cabot Zinn and Tich Nhat Hanh.
<www.liviawalsh.com>

Please open your heart to someone who is suffering at this time. I invite you to bring an Image or felt sense of this individual to mind and to offer this person your good wishes from your good heart with words of your own choosing, or these words that I offer you to repeat silently to yourself.

May you be safe and free from harm, internal and external.
May you be well in all ways and as healthy as you can be at this time.
Repeat safe, well and happy as you can be
May you be free from suffering and know the causes of your suffering.
May you have happiness and know the causes and conditions of your happiness.
And may you accept yourself just as you are, with all of your perfections and imperfections.

May your heart be open to receiving loving kindness from yourself and others and from me in this moment.
May you have ease in your life and may you live in peace.

Allow this being to whom you have offered your loving kindness and compassion to rest in your heart as you continue your breath.

Now please open your heart wider and bring to mind a group of individuals to whom you wish to offer your good wishes. They might be

the world's 78 million refugees, or the people in your community seeking to bring forth greater justice, or those challenged by Covid 19. Or it might be the earth and all of its beings. Whatever fits for you. Please bring an image or felt sense of these to be with you. To these individuals, this group, this entity, let us now offer your good wishes from your good heart with words of your own choosing or words that I offer you to repeat silently to yourself.

May you be safe and free from harm, internal and external.
May you be well in all ways, and may you be as healthy as you can be at this time.

May you be safe, well and happy as you can be.
May you be free from suffering and know the causes of your suffering.
May you be happy and know the causes and conditions of your happiness.

May your hearts and minds always be open to receiving loving kindness from yourself and others and from me in this moment.
May you have ease in your lives and may you live in peace.

And now, I invite you to you dwell with these whom you have offered your loving kindness and compassion just a little longer allowing them to just rest in your heart.

And now, opening your heart even wider to include just one more, inviting yourself into this circle of love and kindness and compassion, yourself your own good wishes from your own good heart.

May I be safe and free from harm, internal and external.
May I be well in all ways, and may I be as healthy as you can be at this time.
May I be safe, well and happy as I can be.
May I be free from suffering and know the causes of my suffering.
May I be happy and know the causes and conditions of my happiness.
And accept myself just as I am, with all of my perfections and imperfections, knowing that I can change what no longer fits for me.

May my heart and mind always be open to receiving loving kindness from myself and from others.
May I bring ease in my life and may I live in peace.
May I be filled with loving kindness and compassion.
May I live each day mindfully, compassionately, with longing kindness and always with gratitude.

As we end this practice I invite you to open your eyes, and to keep your beautiful heart open as we continue with each other.