

Kindness Practice: Visualization

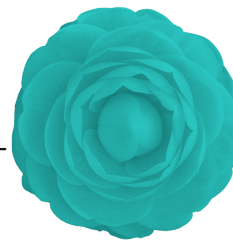


Beautiful Minds



1. Caring
(Love and Kindness)

- Hold the aspiration/intention to imagine or feel a pleasantly warm, pink or apricot-coloured glow or blooming rose-like image in your heart area.
- Smile.
- With breath and smile, repeat silently words or phrases that evoke love in you, such as: "Love and Kindness" or "May we be happy, healthy, safe, and free."
- Allow the pink glow and warmth to fill your heart, body, the space around you, and as far beyond that as is comfortable.
- When it touches all beings, the light comes back as gratitude to you and is gathered into your heart as more Love and Kindness.



2. Helping
(Compassion)

- Form and hold the intention to experience a warm turquoise glow or blooming turquoise flower in the throat area.
- Smile.
- With breath and smile, repeat phrases that evoke the desire to alleviate suffering in yourself and others, such as "Compassion" or "How can I help?"
- Allow the turquoise glow and warmth to fill your throat, body, the space around you, and as far beyond as is comfortable.
- When the light and warmth of compassion touch all beings or as many as feels comfortable, the light comes back as gratitude to you and is gathered into your throat area, filling it with Compassion or caring for oneself and others.



3. Celebrating
(Joyful Resonance)

- Generate a warm yellow glow or flower in the tonsil area at the back of your mouth where your jaws and tongue come together, savouring the taste of success and accomplishment of oneself and others.
- Smile.
- With breath and smile, repeat phrases that evoke the sharing of joy, such as "Joyful Resonance" or "Good for you!"
- Allow the yellow glow and warmth to fill your throat, body, the space around you, and as far beyond as is comfortable.
- When the light and warmth of Joyful Resonance touches all beings or as many as feels comfortable, the light comes back as gratitude to you and is gathered into the tonsil area at the back of the mouth, filling it and you with Joyful Resonance at the happiness of others and yourself.



Stillness
(Equipoise)

- Experience a beautiful white glow or rose-like image in the center of your head, filling it with Stillness and Balance that accepts all phenomena with equipoise and gentle interest. This is a love so deep and caring that it considers all beings and all phenomena (from a chocolate to a headache) as equally worthy of love and interest.
- Smile.
- With breath and smile, repeat phrases that deepen the sense of stillness and balance, such as "Stillness and Balance" or "Equipoise."
- Feel the white glow and warmth fill your head, body, the space around you, and as far as is comfortable.
- When the light and warmth of Stillness and Balance touches all beings or as many as feels comfortable, the light comes back as gratitude to you and is gathered into the center of your head, filling it and you with Stillness and Balance at the basic love and harmony that is experienced to pervade and supersede the vicissitudes of life.

©2022 John Munroe.

This work is licensed under the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-sa/4.0/> or send a letter to Creative Commons, PO Box 1866, Mountain View, CA 94042, USA.