

Tibetan Lojong- Class 12 Guided Compassion Meditation

Go ahead and take your meditation posture. Most important thing is that the back's straight.

Now you want your head tight that you want your head tilted slightly forward. So you really, you don't wanna be looking straight forward. Your eyes should be kind of if straightforward is 90 degrees, you're, you're almost kind of like close to 45 degrees. Okay. So your head's slightly tilted forward.

Your eyes can be closed or they can be hooded, which is like, kind of like half open.

And then just before we even start the meditation cult, cultivate the wish, deepen your heart, may this, you know, may this meditation benefit all living beings.

You really don't wanna meditate for selfish reasons. You're not gonna make a lot of progress if you do. So may this may, this meditation benefit, all sentient beings, sit with that for a.

Okay. Put your attention in your body.

Just be mindful that there is a body.

Try to focus on some of the sensations going on in your body. Right now.

Put your

attention on the top of your head. And

as you put your attention on each part of the body, make sure you relax and release all your attention.

Forehead the eyes and

behind the eyes,

relax and release.

Let go. Cheek bones,

your jaw,

your lips, your chin.

Just relax. All these body parts, the back of your head

inside your head. Try to relax your brain. Just let go.

Front of your neck,

the back of your

neck and trapezius muscles.

Shoulders,

your arms.

Your forearms,

your hands and your 10 fingers. Relax. 'em see how relaxed you can. Let your hands be. Just let go of all the tension. Let it evaporate

your chest,

your upper back.

Sure. You relax your shoulders and your upper back. There's a lot of tension up there. Just release it. Doesn't belong to us.

lower back

stomach,

your sides, but

your thighs really try to feel the sensations in your thighs and a go of any tension,

hamstrings, your

knees.

Your shins,

your calves,

ankles SOS are

your feet,

top of your foot

and your 10 toes.

And as you sit in utter relaxation and utter relaxation, just

let go of all the tension throughout your whole body. Just rest.

As you breathe in and out, just know you're breathing in and out,

continuing to breathe in and out.

We're not necessarily concentrating on the breath, but. Concentrating on the body resting and breathing out real gently and peacefully is

July is in your visualize in your heart in your heart center.

Please visualize a white sphere of light,

maybe the size of a soft ball, a big white sphere of light. It's immaterial. It's just a beautiful white sphere of light.

See if you can feel the love inside of that white sphere of

light gonna visualize in front of us, our dear mother,

she's smiling. She's beautiful.

Bring to mind all that she did for us when she was pregnant with us.

For nine months, she vomited, struggled from emotional upheavals hormones
back pain is as if she was invaded by a virus for nine months,

you might say nobody's ever done something so prolific for you in your whole

life. Cultivate a sincere gratitude and appreciation. What she did for us

during childbirth, she experienced the most indescribable pain.

Once we were finally born, the real work began for the next 18 years.

Our mothers literally taught us everything. They cleaned us. When we had dirty
diapers, they fed us, put clothes on us. We were completely held . We were
completely helpless.

Have we ever really understood how prolific this is,

but our mothers are in Samara, which which means that they continuously
experience birth old age sickness, deterioration, and death.

Most likely our mom has experienced all of the sadnesses wet downs.
Loneliness feeling unsupported, feeling unseen, feeling unloved, most likely
they've felt that again and again, their hopes have been unfulfilled. And that is
what I'm sorry, is

cultivate the deep wish inside of your heart that you could remove all of the past
suffering, the present suffering and the future suffering of your dear mother. As
you

visualize your mother in front of you.

Start to focus on your breathing at the same time that she's in front of you

breathing in, just know your breathing in

breathing out, just know you're breathing out,

visualize all of your mother's suffering as a black circular mass collecting in the
center of her chest.

As you're breathing in,

it's creating suction and trying to help that negative Carmine your mother's chest, exit the body.

So focus really deeply on that. See if you can help all of that negativity, exit her body

in the form of black smoke

and enter that white sphere at your heart,

how wonderful it would be if we could eradicate all of her suffering past, present and future,

as you breathe in and all that smoke exits her.

Gladly take it into that white sphere in your heart with a feeling of immense joy that you've eradicated all of her sadness and suffering, not just past and present, but also also in the future.

As that smoke leaves her body, she cracks a giant smile of relief as if a 10,000 pound weight was removed from her. As

it goes into the white sphere in your heart, it completely eradicates all of your own selfishness and all of your own past present and future suffer. Now,

continuing to focus on the breathing

on the in breath. You're gonna take, you're gonna continue to take all of her suffering, breathing it in your nose and letting it go down into the white sphere in your heart.

On the out breath. You're gonna visualize beautiful immaculate white Moonlight coming out of your nostrils and permeating every soul. Every cell of your mother's body,

your breathing out love, compassion. Your giving are all of your wealth. All of your good karma. Every good deed you've ever done. You're giving her the positive merit from it,

breathing in we're gladly joyfully taking or suffering, breathing out. We're giving all of, all of our love compassion.

As you breathe out the white Moonlight, imagine that you give her all of the ology you've ever accumulated. And she has realizations that are so powerful. She'll never suffer again.

Now next to her envision, your dad.

Just like your mom. He has the same suffering,

visualizing that black mass of smoke in his chest. Go ahead and relieve him of that burden.

Breathing out pure white light permeating his whole body.

He's never been so happy

breathing in taking all of his suffering, breathing it in as black smoke. It goes right into the white sphere of light in our chest. It makes us so happy because he'll never suffer again.

The more, this black smoke we take in the more, our whole body becomes white life, which is none other than love

as your mother and father stand next to each other. They're so happy now. Visualize any siblings, brothers, and sisters. You have standing next to them

taking all of their sadness, depression, anxiety, unfulfilled hopes, unfulfilled dreams, loneliness, depression, and

black mass to smoke starts to collect in their chest. And we extract it with our breath, breathing it in.

It comes into the white light in our chest. We smile, joyfully,

breathing out, giving them our love, compassion, all of our wealth, all of our positive karma it's as if every happy moment we've ever experienced rides out on our breath and permeates their whole bodies.

They've never been happier. They've never known this type of happiness.

Your grandparents are all there with them too.

If it wasn't for our grandparents, we never would've arrived here. They experienced the same type of suffering. So now do the meditation on them as well.

The more

of their suffering we take, the more BLIS we feel turns our body whiter and whiter purifying all of our selfishness.

Visualizing all of your aunts and uncles, cousins, all of your friends, they're all standing there in a big group.

The one thing they all have in common is they all wanna be happy and they wanna be free from suffering.

They don't really know how to create the causes of happiness.

So let's speed up the process and take all their suffering from them.

breathing in. We take all of their suffering into our, the white light in our heart,

breathing out. We give them all of our love in every second of our life. That's ever been happy. We give it to them in one breath.

They're also ecstatic. They don't even know what to do with the themselves.

They've never felt so weightless.

Now imagine before

you the 7 billion humans on planet earth,

they're all exactly like us. They want happiness and they don't want suffer.
Imagine

that you're taking all of their suffering into yourself.

As you breathe in all of their suffering goes into the white sphere of light in your. And

simultaneously all of the poverty destruction, sadness, violence, it all completely vanishes

because of what you did. You breathed it in and took it from them, breathing out. Imagine every cell in your body explodes white light out into all of those 7 billion humans.

Imagine that they

all are sitting in meditation posture

completely blissful on the verge of Buddhahood.

Now add every animal to that group of humans,

all the deer that are hunted and killed for their lives, all of the farm animals that are slaughter and just the general difficulty that animals have, because they're always prey to other animals or dealing with hot and cold. They're dealing with rain, freezing very difficult lives. Take all their suffering.

Give them all your happiness as you breathe that white light,

all the sky animals, birds. any type of animal that can fly

all of the sea animals, any animal that can swim. We're taking all of their suffering into the white sphere of light in our chest

and breathing out. We permeate every cell of every living being's body with pure white love light. Now you

can just let go of the visualizations and just rest in the moment,

feeling the breath coming and going, feeling your body relaxed and content peaceful.

Let go of any tension in your body.

Just imagine for a moment that , that

any residue from all that negative karma that you breathed in, it just dissolves down into the depths of the earth, millions of feet inside the earth,

and your body is just pure white light.

You've been purified of your selfishness and therefore you feel peace.

Opening

your eyes.

Made

the Supreme jewel Bodi cheated that is not arisen arise and grow made that which has or arise, not diminish, but increase more and more. And the land and circle by snow white mountains. The source of all happiness and benefit flows in your person. Chin REIC 10 and GSO. Please remain until Samara ends just as the bohi sofa, mind Jewish attain dominations in.

So now do I dedicate these merits to train and follow in their footsteps is all the victorious Buddhas of the past present and future praise, dedication as Supreme. So now do I dedicate these sources of my merit for all beings to perfect good actions,

just for a moment, make the deep deep wish that all of the positive actions we took today, which are by far more positive than anything you could ever do. Just wish for a moment that that disseminates to all living beings, it falls down upon them like rain falling from the sky, but it's healing rain. And as it hits them completely heals them of any negative karma they've ever accumulated any sadness, any anxiety, and they're all completely purified as a result of our good actions.

so that's the dedication.

All right. Any questions? Comments, questions,

everybody. Good? I have

a question about so when we're thinking about all 7 billion people in the world doing Tomlin, that includes some, some people that pretty objectively do some bad things, right? Like I was thinking about the situation of Myanmar and like the military leaders there and. I don't know if I want to like, take on their suffering is that is there a way to look at that other than like, these guys might be generating some really bad karma and so I feel bad for them.

Is there another way of thinking about that? Other than that? Cause to me that also just kind of seems judgmental, like, who am I like, obviously that situation's really bad and they're killing people, but who am I to judge? What somebody else's karma is gonna be? I don't know if that makes sense. Yeah. It, it makes really good sense.

I think the question is something that, okay. Our okay. Our, our default mode. And when I say our, I mean, everybody, right? For, for the most part 99.9, nine, 9% of people, our default is that we've always thought about me, me, me, our whole life. Right? So the thought of taking anybody's suffering into our chest is, is kind of out.

but then, but then the, we could probably do it for the, the deer that just got shot. Right. That's pretty easy to have compassion for them cuz they just have their life stolen. But then when you start thinking about people that are causing mass suffering, right. And there's a lot of those, it, it becomes not so easy to cultivate compassion.

Part of that is our, is our selfishness because generally speaking, we think our minds put some people in a bucket of like, this is a good person. They're pure, they're kind, this, these are not good people they're bad. And we think that we should be kind and compassionate to good people and we should treat bad people as bad.

Right. But that, that dualistic thinking is, is fundamentally flawed. So, so when we think about people that are causing harm to others, clearly they're confused, right? Because a person that, that, that had clear wisdom would never would never do that to others. Right. So, so they they're confused. And the truth is they are going to experience inestimable suffering.

So if you believe in karma and reincarnation there, I mean, it's, it's sort of, sort of known that they're gonna have a really, really bad rebirth. If for some reason you don't believe in karma and reincarnation, then there's this thing called guilt, right? Anytime somebody does something bad and hurts others they're gonna pay because they have to live with it.

You know, there are very few people, there may be a sociopath or two in our society that just doesn't have the genetic capability of having empathy. but that's like a very sub 0.00, zero something percent of the population. So those, those confused people that are hurting others, they are going to suffer immensely even, even during this life.

So you think about those guys in me, Myanmar, they're probably going to end up in in prison. You know that at some point somebody's gonna accuse them of war crimes. They're they're right now completely struck with anxiety. They're not, they're not resting and relaxing, right? They're not, they're not doing meditation like us.

They're, they're engaging in these actions that are fundamentally, they're already suffering. So we have to find a way to have compassion for the victim and the perpetrator without any, without drawing any lines we should have. and, and this, some of this is you have to, you have to build the ability to have that kind of compassion, but we really want that we wanna be able to have compassion for the hypothetically orange president that previously ruled certain countries, even if he was negative and caused a great deal of suffering.

I'm not talking about anybody in particular knows, but the, the bronze Satish individual that, that, that, that hyped up all the white power gangs. I mean, what a, what a part of my language, what a shit show. Right. Really hard for people to have compassion for that guy. But we have to, we have to have compassion for him because he is a, he's a perfect example of what happens when you don't have bohi Chi to love compassion.

And when you don't have these things in your heart, he's an example of, of what people do. And that's what we, that's what leads to mass mass suffering. It's like in the beginning, it's kind of hard to have compassion for those people. But the reason for that is cuz we're selfish. So we all just sort of admit, okay, I'm selfish.

I'm gonna take, I'm gonna do these practices to purify my own selfishness. And maybe the first time I do it is kind of hard for me to move past my own mom. Some people maybe they can't move past their mom. Some people can't even do this for their mom cuz they had a bad relationship with their mom. And when that happens, another person, but as we continue, you really kind of have to do this as a practice.

Eventually you can get to the point where you have no aversion to taking in all that black suffering for anybody. Right. Does that help a little bit? It does. Yeah. And I think you, it kind of made me realize that you know, you can learn from. S like a bad example, just as much as you can learn from somebody who sets a good example, like you can learn what not to do.

So. Absolutely. I guess you could, you could view that as a positive. So one other thing just, just to mention here is that one, when, when we see people doing something at this particular moment, right now, we might think that they

are fundamentally bad, but you have to, you have to think about the causes and conditions that may have that may have caused them to behave this way.

Right? Because it's, it's easy to look at somebody and think what, what a, what a horrible person to do this. But when you look back at a hypothetical bronze colored president O only hypothetical, not, I'm not talking about any specifics. Sure. But a hypothetical bronze colored president who O on the surface seemed like a horrible human totally narcissistic.

Totally, totally sociopathic full of ego. Didn't care about anybody else. You look at that hypothetical again, no specifics, but let's say somebody like that existed, they probably are still trying to please their daddy from when they were seven years old, because their daddy probably said you're never gonna Mount to anything.

And there's this drive to be okay, to be whole, to be loved, to be accepted. So it's like you see people and you, you don't on the surface. You don't understand that they're, that they're suffering so much. And Buddhi Buddhism has this idea of something called a hungry ghost. And that is this. It's a being with a long, very, very skinny neck, like a straw, and then a giant stomach.

And that stomach is very, very hungry. And they can never find food. And even, even if they do find food, their, their net can't digest it because it's so small. And that's kind of a very good example of Americans. We strive and strive and some Americans become millionaires and then that's not enough and they need to be a billionaire.

And then once they're a billionaire, there's, there's not enough to quench their thirst. So things are not what they appear, right. Things are not what they appear. Things are not fixed. They're, they're all a result of all types of causes and conditions. So maybe those generals in, in Myenmar Burma, some people know it as Burma.

That's the old name. Maybe those generals were, you know, maybe, maybe the lead general was, was beat up as a child. And then his dad made him go to military school and he doesn't know any other way than then to rule by force. Right. I mean, there's, you just don't know. What caused the current events. Right?

So it's understanding that it seems like they're really bad, but they're actually just a result of an infinite causes that went into an equation. And, and now it's manifesting the way it is. Okay. So you can almost contemplate their emptiness,

but now you, now you don't wanna go too far and let them off the hook cuz you don't want it.

Nobody should ever cause suffering. We don't wanna cause any suffering, but trying to see the reality of it is another good thing.

Any other questions?

Anybody else.

Everybody, everybody understood the practice and was able to do it. There was no parts of it that were difficult or that you have questions about.

Okay. Don't be shy if you guys have a question. It's okay to ask.

All right. Cool. Well thank you, everybody really appreciate these past weeks, it's kind of amazing that we've made it to 0.7 so quickly. And is that right? Are we on 0.7 or 0.6? I feel like I'm losing it. Thanks. Think 0.6. Yeah.

Oh yeah. We're gonna start 0.6. I'm sorry. Yeah, we're gonna start 0.6 next week.

All right. Cool. Well, thank thanks everybody. I hope you guys have a wonderful Saturday and Sunday. Any questions before we depart? Anything else you can think of? Everything. Makes sense.

Okay. Thanks guys. Take care. Have a relaxing weekend. You too. Thanks. Thanks guys. Bye.