

# Transcript for Full Compassion Guided Meditation

## **Refuge**

I and all beings, sentient beings equal to the ends of space;  
From this time forward,  
Until the essence of Enlightenment is reached,  
Take Refuge...

In all of Those Great Beings who have achieved Enlightenment,  
In all those guides and teachers who have shown the way,  
In all of the sacred teachings written and unwritten,  
And to all of those beings and communities who seek the way to  
Enlightenment,  
We take Refuge...

We honour these three aspects of Enlightenment with respect and  
Supplication,  
And request that they bless our Body, Speech and Mind throughout the three  
times...

## **Essence of Enlightenment (Bodhicitta)**

May all beings have happiness and the causes of happiness;  
May all beings be free from sorrow and the causes of sorrow;  
May all beings never be separated from the sacred happiness which is  
sorrowless;  
And may all beings live in equanimity,  
Without either too much attachment, or too much aversion,  
And live believing in the sacred equality of all that lives...

Now, just taking a moment to arrive.

Allowing the body to settle, the breath to settle.

Actually feeling your feet making contact with the floor, and your body with the chair.

You may wish to close your eyes or lower your gaze.

Sitting with a straight back, I am reminded that I am in a Precious Human Body.

I have all of my faculties intact...

And as I sit in this awareness of this great human potentiality in which I dwell, There is a natural arising of Appreciation and Gratitude.

So in this moment I take a few breaths...just taking this all in.

With my feet resting on the floor,

I am reminded that I am connected to the centre of the earth.

And that everyday I am held unconditionally, with gravity,

No matter what my behaviour is.

So in this sense of being grounded, and being held,

I take a few more breaths, just arriving at the practice.

## **Body Scan**

Starting with my feet and moving upward through the body,

I visit each part of my body, each organ, each system, experiencing my body fully.

As I visit each part, observing my experience.

And without judgement, acknowledging any: tension, agitation, discomfort or pain...

And as I visit each part of the body, I consciously relax that part of the body.

Inviting the body to the practice...

And so we will spend a few moments, just doing The Body Scan,

Fully relaxing the body and bringing the body to the practice itself.

(Allow a few minutes for the body scan)

Now turning our awareness to hearing.  
Deeply listening to all sound: sounds within the body, within the room,  
and even sounds that are very far away.  
Deliberately choosing to not have preference for pleasant or unpleasant  
sound.  
But simply to rest in the awareness of whatever arises or emerges.  
With an attitude of acceptance.  
Allowing deep listening to be the practice in the moment.  
We will spend a few moments in the practice of deep listening.

(Pause here a few minutes)

## **Breath Awareness**

Now turning you awareness to the breath.  
Rather than thinking about the breath, actually feeling the breath.  
As it enters the body, moves through the body, and then exits the body.  
Noticing all of the qualities of that breath,  
The length, the temperature, the texture, the strength...  
And deliberately choosing to give equal importance and attention to both the  
in-breath and the outbreath.  
Anothrwards...what we take in and what we let go of.  
As you breathe naturally, allowing that breath to descend into the body, little  
bit, by little bit.  
So that the belly starts to rise and fall with the breath.

(Pause here)

## **Introducing Metta into the Practice**

Now bringing our awareness to the Heart Centre,  
In the centre of the chest.

And as we bring our awareness there, contemplating the Noble qualities of:  
Compassion, Unconditional Love, and Loving Kindness.

And as we place these noble qualities within our own heart,  
Recalling a time when you experienced these.

Either as a receiver or as a bestower.

And allowing this memory of these qualities and experience  
To inform our memory and experience now.

In the body, mind and spirit...

And allowing these qualities to blossom and grow and radiate outward.

And then with the inhale, allowing that breath to pass through the heart centre.  
Imbuing the breath itself with compassion, unconditional love, and loving  
kindness.

And then sending this breath to the entire body, to all of the extremities,  
You may wish to see the breath as light, and/or colour.

As we send this out to the body, sending it even to the cellular, DNA and  
mitochondrial levels.

So we will spend a few moments breathing this way.

Breathing in through the heart centre, imbuing the breath with the noble  
qualities of compassion,  
unconditional love, and loving kindness, and the distributing that breath, that  
light, and that colour  
to the entire body, and sending this wonderful healing energy to the body.

(Pause here)

And now that we have purified the body somewhat with the breath of:

Compassion,  
unconditional love, and loving kindness,

With the outbreath we release all that is not life enhancing: negative emotions,  
fear, anxiety,

resentment, anger, weariness,

And you may wish to see the exhale as cloudy or smoky.

So breathing in, allowing that breath to pass through the heart centre,

Imbuing the breath with: compassion, unconditional love and loving kindness  
And then sending it out into the world with the outbreath imbuing it with the  
light and essence of :

compassion, in-conditional love and loving kindness.

Sending that to the entire body which releases all that which is not life  
enhancing.

And so we will take a few moments breathing and practicing this way.

(Pause Here)

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And now that we have purified the body somewhat

We now have the breath of loving kindness in both directions

So now breathing in through the heart centre imbuing the breath with  
compassion,

unconditional love and loving kindness

And then with the exhale sending compassion, unconditional love, and loving  
kindness to the entire world.

And again you may wish to see the breath as light and/or colour.

And at this moment if you can think of someone who could really benefit from  
the breath of loving kindness,

Thinking of them as we do this part of the practice.

And so we will spend a few moments now breathing this way

With the breath of loving kindness in both directions.

(Pause here)

## **Gathering Awareness**

Now that we have established awareness of the body

Awareness of sound and the awareness of the breath of loving kindness

We now turn our awareness in one more direction, awareness of awareness  
itself.

Allow yourself to be the observer of mind.

And with the same loving kindness that you bestowed on the body, bestow on the mind.

Allowing thoughts to come and go, like a bubble rising up in water and then dispersing.

Simply watching the great display ...

Similar to being on the great banks of a river, and simply watching the river flow by,

Always maintaining a focus on the breath.

Deliberately choosing to not follow the thoughts, or embody them, but simply to observe.

Without judgement but with loving kindness.

Now we will sit...

(Pause here for main meditation practice)

### **Bringing the person out of the guided Meditation**

Now bringing our awareness back

To our feet making contact with the floor, with our bodies making contact with the chair,

Being aware of the sounds around us.

Breathing in, knowing that we are breathing in.

Breathing out, knowing we are breathing out.

We open our eyes and come back into the room.

### **Dedication of Merit**

May all sentient beings, as limitless as the whole of space;

Each effortlessly achieve realization, the nature of their mind,

And may every single being throughout all of the six realms,

Who have all been our mothers and our fathers,

Attain the ground of primordial perfection, Enlightenment itself...

I dedicate this practice to all of them, may it be a benefit to all.





