Once again,

we'll just start with bringing the attention into the body,

inviting the mind

into this present moment by connecting with our physical sensations.

We can once again bring the attention down into the base of the body and feel that contact with the cushion or the chair, whatever is supporting us. And this time, we'll just take a moment and really feel into that support.

How does it feel to be supported?

Maybe you feel that you can really relax.

There's some external force

that's going to take care of you

All your weight can just drop down into that cushion or that chair.

And we'll begin once again with bringing the attention into the mind the mind into the body

with three long deep breaths.

As the flow of breath returns to its natural rhythm can just feel into that sensation of breathing at the nostrils

or the upper lip.

Let that

that meeting of your mind and the sensations of the breath just help your wind settle into this present moment, your present experience.

We're going to start this practice with a body scan.

Because this is for me a very embodied practice. And also just because of body scan is a very traditional way of cultivating some focus at the beginning of a practice. And we haven't used it that way yet.

So

just to kind of flag what I'm doing here, going to go down through different parts of the body. And it's sort of an intermediate level of focus between that very small granular focus that you might have on moments of the breath, versus the sort of larger focus of maybe feeling into the entire body at once. But the point of this part of the meditation is still really to to have the mind settle into your physical experience as much as possible. So we'll begin with bringing the attention to the crown of the head. And if it feels natural to you, feels comfortable, you can just imagine that your attention itself has kind of a warm Kind quality to it. So bring the attention to the crown of the head feeling into any sensations there.

Then feeling into the entire scalp

if you feel warmth or coolness or a slight breeze, all of that would be object of meditation here. And sometimes people find that just bringing their attention to an area causes that area to tingle or feel kind of busy. So if you feel that, that could be your object of meditation

whatever you feel is fine.

And our attention flows into the eyes, the skin and muscles around the eye We invite the skin and the muscles around the eyes to relax. We tend to hold tension or maybe disapproval or some kind of emotion here we can just invite it to relax and dissolve.

You can always come back later if we need it.

Then our attention flows down into the cheeks, the nose into the jaws and the mouth. We invite the muscles of the jaws and the mouth to relax. We usually hold tension here can just invite it to dissipate,

can always come back if we need it.

And before we leave the head we just imagine into our brain and we can gently thank the brain for all the amazing It does for us every day.

And then the attention flows down into the neck and throat. You invite the muscles of the neck and throat to relax.

might feel the flow of air through the throat region can have some gratitude toward our voice box that allows us to

communicate.

Then the attention flows down into the shoulders. Feeling the skin of the shoulder, maybe the clothes against the skin and then it flows into the muscles of the shoulders and we invite them to relax

Go completely loose.

Let the shoulders hanging off the spine like silk draped over a chair

and our attention flows down

into our chest. We feel

the skin of the chest and the over back. We invite the muscles of the chest and the upper back to relax

and the attention flows down now

into the abdomen and the mid to lower back.

Again we can feel the skin,

contacting the chair or rubbing

against the club.

We invite the muscles of the

abdomen and the back to relax. We even invite the muscles of the organs in the abdomen to relax. We can just take a moment and imagine the blood flowing freely all

throughout our trunk and

just extend our attention to our arms and our hands. imagining all that area relaxing,

imagining the blood

circulating freely.

We feel into the legs and the feet,

inviting them to relax.

Again, imagining that the blood circulates from Really. And if you're into ci or Prada, you can imagine now that your ci or your product is circulating freely through the entire body.

So

from within a state of well being, now we bring our attention to the heart center. And somehow it just the act of turning our attention toward the heart center creates a little spark. Or maybe we just became aware of this little spark at our heart center.

It's luminous.

It can be whatever color of light feels good to you.

And it's full of kindness and care and compassion, this light. In fact, we may feel that this heart center the spot At the center of the heart center isn't really our spark at all. It's somehow our connection with the universal energy of kindness,

warmth,

the open heart.

And that means it has a connection to an infinite supply

of this warm kindness.

And we feel that now beginning to flow out through our entire heart center. And it flows out into the rest of the chest, up into the shoulders, through our our, through our hands

flowing out into the world through us,

flows up through the neck and into the head. And even if your eyes are closed, you might just imagine this light of compassion flowing out through them into the rest of the world and a slight flows down From our heart center down through the rest of the trunk of the body,

into our hips and our pelvis.

If we have any body issues, this light just heals and it flows into the legs down to the knees and the lower legs and lights up the entire feed and then it flows out through the soles of the feet, blessing the entire world through us.

Now we return to the heart center.

We feel the energetic quality

of this light that's flowing through our heart center.

It's warm, it's open.

It's like a completely unconditional love.

That the deepest part of ourselves is offering to all the other parts of ourselves and offering to the rest of the world. Somehow this flow of light allows us to relax, to relax into who we've always been. To relax into the part of ourselves that's already wise already loving.

And now we turn our attention to the world around us.

If you'd like you can imagine

people and difficulties, people who are ill,

people who are afraid people who are alone.

Whatever resonates with you, you can imagine those people all throughout the world in need of this kindness, this compassion

and now we'll send a beam of light

in front of us from our heart center.

This beam goes out sort of like a cone of light. And it touches all the people in the world in front of us.

Maybe especially the ones we're thinking of.

Each of them is lighting up

becoming a being made of this

energy of loving kindness.

And this code of light travels out past the earth and out into space.

There's no limit to how far it can go.

And then we think of all the people behind us, and we send a beam out from our

heart behind us

imagining it touching all the people on the globe behind us.

All of them lighting up

whatever suffering they're having

Just dissolving out of them.

And again, this beam of light can extend all throughout space

as far as it wants behind us.

Now we send out a beam of light to our right, touching all the beings who are right. For thinking in particular about everyone who's ill we might particularly imagine ill people throughout the world being healed and relieved of their suffering.

We send a beam out from our left,

lighting up all the people to our left.

We send beams out from the crown of the head and the base of the spine.

Everyone flying over us right now in

an airplane. Suddenly as washed with light

everyone directly across the globe from us is wash with light, all their suffering alleviated.

And in all directions we send out this

limitless globe of light. Touching all the beings we can extend our minds to.

And with this vast open mind of warm heartedness. Just experiment with dropping all the imagery. We're not

sending this light to anyone.

Maybe there's not even light maybe the entire universe is just made of loving kindness. And we take the state of loving kindness itself. This warmth, this oh heartedness we take

that as our object of meditation,

and for as long as we can we rest in

that.

You may find that the longer you rest in it, the more deeply you feel this

state.

Or you may find that after a while, it's not so powerful for you anymore. And if you'd like you can come back to this imagery of sending out beams of light in various directions.

And if you're

doing this meditation later on your own, you can just pause it here and stay in this state for as long as

you'd like.

But for right now, will begin to bring the mind back.

So,

from Suffusing the entire universe we bring the mind back now to planet earth. We bring the mind back to this hemisphere to this city.

Bring it back into this room

back into our body.

And we allow the mind just to settle down into the heart center.

Feeling a very

powerful but also very gentle form of this

energy of kindness.

And now that we've called on this energy of kindness to support our practice,

we know that we can call on it anytime.

And something deep within ourselves can answer.

We allow this light to dissolve completely into our own heart center. Knowing that it's never really apart from us, and that we can call on it as we need it. And finally, we bring the attention into the entire body. Just feeling the breath with the entire body.

And before we close the meditation, we just let go of any sense of trying to do anything, even any sense of meditating or you simply allow the vine to be spacious and present