

The "Being Love" Sadhana

Feb. 14-28, 2016 with Jan Lundy

Day 1: Your True Identity

Welcome to Day 1 of our "Being Love" Sadhana!

Let's take a few deep breaths together, shall we?

Breathing in, breathing out.

Breathing in, breathing out.

Feeling ourselves drop down into a kinder, gentler place within us as we begin our daily practice—breath by breath by breath.

Today, I have a short **video** (3 min.) for you to watch about who you know yourself to be. It's a good place to start as we launch our 14-day journey together.

To watch it, you will need to click on the link below, then enter our case-sensitive passcode:

BeLoveNow

<https://vimeo.com/154767907>

Inspiration

"Love is light, the huge mysterious power that enlivens not only our spirits but all of creation around us. The light that falls into our lives because we love and are loved is the light that will truly illumine us forever. It is the star we follow to stumble on magic, the moonlight of incredible romance and unbelievable passion, the sunlight of healing and growing, of spiritual well-being.

It is the light that enters our eyes when we behold the ones we adore, the light we create with our words, with the radiance of our spirits, with the whole beauty of our lives. Love is the light in which we live and breathe and love and dream. Love is the light that will fall upon us, now and forever."

Daphne Rose Kingma

Reflection

Where are you on the journey of embracing yourself as a divine-human, of embracing Love as your true identity? Or do you have a different understanding of yourself and your essence?

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## **Day 2: Making Space for Love**

Anthropologist Joseph Campbell wrote, "Your sacred space is where you can find yourself again and again." I wholeheartedly agree. It is the place where we can reconnect with the Divine and rest in the lap of Love.

As part of your daily practice, I invite you to create a special space for your "Being Love" Sadhana. The image above comes from one of our group members, Betty. This is her space to meditate/pray. Creating a sacred space like this seals in the intention of our practice; it says we're serious about it. When we walk past it during the day, we are reminded to align ourselves once more with Love's holy purpose. Pause. Breathe in, breathe out Love once again. You can begin to create a similar space for yourself as Betty did with a table top, nightstand or bookshelf. Keep it simple, clean and current.

I like to bring photos into my sacred space. Right now I have two practice areas, one on my desk featuring my dear teachers and guides for whom I am so grateful. Another, in my study, showcases my children whom I adore (see images below). In the morning, I light a candle in each of these places. Using photos in your sacred space elevates the Vibration of Love. This is the energy with which we wish to align ourselves during our practice. And throughout the day!

Today when you light your candle, focus on a photo of someone you love. Feel your heart open just thinking about them. Send them well wishes of love: "May you know peace today." "May you feel healthy and strong today." "May you know you are loved." Starting out your practice by focusing on people who are easy to love warms your heart enough that, in time, you can bring others into your practice and wish them well too.

Start where you are and love the ones you're with.

## **Inspiration**

"I arise today

In the name of Silence  
Womb of the Word,  
In the name of Stillness  
Home of Belonging,

In the name of the Solitude  
Of the Soul of the Earth.

I arise today

Blessed by all things.  
Wings of breath,  
Delight of eyes,  
Wonder of whisper,  
Intimacy of touch,  
Eternity of soul,  
Urgency of thought,  
Miracle of health,  
Embrace of God.

May I live this day

Compassionate of heart,  
Clear in word,  
Gracious in awareness,  
Courageous in thought,  
Generous in love."

John O'Donohue ("Matins" from *To Bless The Space Between Us*)

### **Reflection**

Did you notice a difference in your practice when you started out focusing on people you love?

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Day 3: The Vibration of Love

Today's Sadhana offers an audio message and practice, guiding us toward a deeper understanding of the "Vibration of Love", and how we can amplify it. The audio is 6 min. <http://www.awakenedliving.com/sadhana/VibrationofLove.mp3>

Inspiration

"Who You Are"
Danna Faulds

Who you are is so much more

than what you do. The essence,
shining through heart, soul, and
center, the bare and bold truth
of you does not lie in your
to-do list. You are not just
at the surface of your skin, not
just the impulse to arrange the
muscles of your face into a smile
or a frown, not just boundless
energy, or bone-wearying fatigue.
Delve deeper. You are divinity;
the vast and open sky of Spirit.
It's the light of God, the ember
at your core, the passion and the
presence, the timeless, deathless
essence of you that reaches out
and touches me. Who you are
transcends fear and turns
suffering into liberation.
Who you are is love.

(from *Go In and In: Poems from the Heart of Yoga*)

Reflection

Were you able to identify your current level of Vibration of Love? Were you able to heighten this? What did you do to expand it? How could this practice be used throughout your day?

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## **Day 4: Mantra of Love**

We talk to ourselves all day long. Snippets of conversation with others, song lyrics, dialogue from television shows, all vie for space in our brain. I'm a firm believer that what we think about expands, making it vitally important that we become vigilant about what words we bring into our awareness, especially the words we say to ourselves.

If our intention is to stay in the Vibration of Love, a "Mantra of Love" can help. The word "mantra" means "mind protection" (in the yogic tradition, in Sanskrit). If we repeatedly say a sacred word or phrase to ourselves, it keeps our mind safe from intrusive thoughts that could hinder our ability to love.

Today, as you light your candle and bring yourself to a quiet place within you, try out this Mantra of Love. (I created it a while back for my "Creating Spiritual Health" program so it might sound familiar to some of you.) I present it as a Sacred Spiritual Healing Affirmation. It is repeated over and over again, aloud and silently. Upon completion, you may want to select one of the phrases you heard and use it as your personal Mantra of Love.

Listen here (3 min)

<http://www.awakenedliving.com/sadhana/IAMLove.mp3>

### **Inspiration**

"Love is patient, love is kind and is not jealous; love does not brag and is not arrogant, does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong suffered, does not rejoice in unrighteousness, but rejoices with the truth;..."

Corinthians 13: 5

### **Reflection**

What did you notice about your level of Love before and after using the mantra?

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Day 5: Resting into Love

Our Sadhana time should be one of deep rest. I like to think of my "time in" as "resting in the lap of the Divine." As a child, didn't you just love sitting in someone's lap, being held, leaning into your dear one for rest and comfort? Ahhhh ...

As an adult, I still enjoy this experience, but a dear one may not always be available to serve in this way. The Divine—as I understand it—is always available to receive me as I am. It is only when we let go, give up any sense of striving (especially when it comes to our spiritual practice), that we can rest into the Sacred. Into Love!

Today's Sadhana is an audio one, featuring a recording of a meditation practice I call "Resting into Love." Perhaps you've heard it before. That's alright. I believe it is a "classic," and many people have told me over the years that it is their favorite Guided Meditation.

There is no need to strive in your Sadhana. Nowhere to go, nothing to do, but be HERE now. Being with the Divine in your own way is enough. And, ironically, doing

so, can return you to Love.

Listen here: (6 min.)

<http://www.awakenedliving.com/podcasts/ALRestingintoLove.mp3>

Inspiration

"God gave each of us a quiet temple within, where no one else can enter. There we can be with God. We don't need to talk much about it. And it doesn't take us away from our loved ones, but rather sweetens, strengthens, and makes more permanent all our relationships.

When we go direct to the Source whence all love comes—the love of parent for child, child for parent, husband for wife, wife for husband, and friend for friend—we drink from a fountain that satisfies beyond all imagination."

~ Sri Daya Mata

Excerpted from *Enter the Quiet Heart: Creating a Loving Relationship with God*

Reflection

How well were you able to truly rest during this meditation? To rest into Love?

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## **Day 6: Ego or Spirit. You Choose.**

*Today's practice is a bit different. I invite you to do your usual 5-minute practice (using the guidance below) and when you're done, explore the Bonus Teaching (below that). We're at a place in our Being Love practice that it's vital to have a deeper understanding of Fear and Love, Ego and Spirit, and the role each one plays in our ability to embody Divine Love.*

Our Sadhana is a potent time for reconnecting with the softer, more welcoming places within us. Let us remember that in order to Be Love in the world, we must also Be Love toward ourselves. As Buddhist teacher Jack Kornfield offers, "If your compassion does not include yourself, it is incomplete." Let's be kind to ourselves today.

Light your candle. Take 3 Ah Breaths. Breathe in refreshing oxygen. Breathe out stale air. Give yourself permission to release any tension (or strong emotions) you're holding with a hearty "Ah" sound with each exhale. (Give it some oompfh! Let go!) Relax. Follow the natural rhythm of your breath—breathing in, breathing out—and feel the gift of that; of being breathed easily and effortlessly. Allow yourself to

soften, sink, and rest into a space of pure beingness.

This is enough. Being here is enough. Simply rest into the awareness that you are a divine-human and this is YOUR time to be, to breathe, to rest peacefully into an inner space of well-being.

### **Bonus Teaching**

One of the primary reasons we do a meditation practice is to get to know ourselves better. During a period of dedicated silence, we can hear all the voices, the stories, the clanging pots and pans in the kitchen of our mind. In traditional practice, we simply acknowledge that the chatter is there and we set it aside ... until later, for review.

In our spiritual growth journey, it is vital to attend to the "later" in a timely fashion. We need to engage in full self-disclosure about what mental/emotional messages are keeping us from Love. *A Course in Miracles* teaches that there are only two basic emotions: Love and Fear. If what you're feeling is not one, it's the other.

Every emotion we experience stems from one of these two mind states. If you're feeling angry, that's ego's territory and it's sourced in fear. If, on the other hand, you're experiencing it's opposite, inner peace, then you're hanging out with spirit.

I've included a helpful chart here (from my book, *Perfect Love*) which can help you identify your **current emotional state** and if you are aligned in the moment with ego (fear) or spirit (love). (Granted it's a simplistic approach, but it helps make the necessary distinctions.)

***If you're wondering why you're having a difficult time accessing Love, it's because one of the emotions on Side B is dominant. Love can't easily set up housekeeping when ego's cronies are occupying all the furniture.***

(Scroll down to view the chart)

| A.<br>Characteristics of Spirit | B.<br>Characteristics of Ego |
|---------------------------------|------------------------------|
| Love                            | Fear                         |
| Peace                           | Aggression                   |
| Oneness                         | Separation                   |
| Happiness                       | Sadness                      |
| Joy                             | Sorrow                       |
| Inner Peace                     | Anger                        |
| Confidence                      | Insecurity                   |
| Abundance                       | Scarcity                     |
| Generosity                      | Greed                        |
| Trust                           | Suspicion                    |
| Appreciation                    | Cynicism                     |
| Hope                            | Despair                      |
| Forgiveness                     | Resentment                   |
| Serenity                        | Conflict                     |
| Compassion                      | Apathy                       |
| Receptivity                     | Isolation                    |
| Optimism                        | Closed Mindedness            |
| Empowerment                     | Pessimism                    |
| Acceptance                      | Control                      |
| Openheartedness                 | Judgment                     |
| Service                         | Self-pity                    |

If you haven't yet, you may want to **listen to the audio recording** you received as one of your free gifts when registering for this Sadhana. It's the first 1/3 of *Perfect Love*. It might be helpful in your understanding of how the ego (fear) operates alongside your true identity, spirit.

<http://www.awakenedliving.com/podcasts/M3BonusDemystifyingEgo.mp3>



## Inspiration



## Reflection

When you view Side B of the Ego/Spirit chart can you identify your pre-dominant emotions? These are the emotions that are likely keeping you disconnected from Love.

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Day 7: Love On, Love Off

Do you recall the scene from the movie, "The Karate Kid", where Kesuke Miyaga puts his student Daniel to the tough task of learning karate on a deeper level? He uses the metaphor, "Wax on, wax off" to demonstrate the correct motions Daniel should be making as he practices.

Our Sadhana teaches us in much the same way. Instead of wax on, wax off, we could say, "Love on, love off," especially as we begin to be more aware of when we are in and out of the Vibration of Love, caught in the clutches of ego.

The chart I presented yesterday is so helpful in discerning, "Love off, Love on." I hope you will refer to it often! In fact, let's use it today in our practice.

Before you begin, locate where you fall on the list right now (Side A or B). If it's on the Love side, great! This practice will be easy for you. If you're on Side B—ego—locate the appropriate emotion and then notice its correlate from Side A. We're going to bring that awareness into our practice today.

Begin by lighting your candle. Take 3 Ah breaths. Feel your body-mind begin to let go of grasping and settle down. Do whatever you need to relax yourself. Now, bring to mind the predominate emotion (from your list). Breathe in the healing emotion from Side A and breathe out the hindering emotion on Side B. For example:

Breathe in love. Breathe out fear.
Breathe in serenity. Breathe out conflict.
Breathe in openheartedness. Breathe out judgment.

It may help to visualize each emotion as a particular color. (Love could be pink, fear could be brown.) Or see each one as filmy smoke, entering and exiting your body.

If you find yourself in a very loving space as you begin your practice (Side A), simply choose how you want to focus your practice. For example:

Breathe in love. Breathe out kindness toward others.
Breathe in peace. Breathe out serenity toward others.
Breathe in joy. Breathe out happiness toward others.

Give the practice time to work. It may take several rounds of breath to dissipate strong emotions and return to the lap of well-being.

Inspiration

“Through my love for you, I want to express my love for the whole cosmos, the whole of humanity, and all beings.

By living with you, I want to learn to love everyone and all species.

If I succeed in loving you, I will be able to love everyone and all species on Earth... This is the real message of love.”

– [Thích Nhất Hạnh, Teachings on Love](#)

Reflection

How did breathing in and breathing out emotions in this way work for you? Did it help you make a needed shift?

Day 8: Remembering Again

Every day is a new day. Each moment a new moment. And, truth be told, much of life is beyond our control, yet, we always have the choice of how to *react or respond* to it. There is a difference, you know.

React usually lands us in the lap of ego because our knee-jerk reaction to anything is safety and self-protection, both rooted in fear. *Response* is more thoughtful. We are able to pause. and take a breath. We remember that we are not our ego; we are so much more than that. We remember that the ego produces certain thoughts and feelings and that we DO have a choice about them. The key, as many of you have stated in our conversation area, is simply *remembering*. Remembering that it's good and wise to non-judgmentally and compassionately *hear* the voice of fear/ego, but *listen* to the voice of love/spirit. I like to think that there is a discernible difference between hearing and listening. One is passive, one is proactive and empowering!

The past few days we've been learning more about the relationship between ego and spirit—fear and love. Many of you have clearly seen (perhaps for the first time) how much time on any given day you might spend hanging out with your ego. I know I certainly do! Hopefully, with what we're learning (and practicing) here, we will catch ourselves more quickly and step back into the arena of Love.

Today's practice recording can help. Light your candle, sit back or lie down and relax. Allow the words to wash over your mind and slide into your heart. Let us remain confident that we have everything we need within us to access the Vibration of Love.

Listen here. (2 min.)

<http://www.awakenedliving.com/sadhana/ILoveCameron.mp3>

Inspiration

The Life of Love
(author unknown)

May I so live the life of love
this day that all those with whom I have
anything to do may be as sure of love
in the world as they are of the sunlight.

Reflection

What are you noticing within yourself these days about your ability to lean into Love? And how you are doing holding that vibration? Are there certain people and situations that you find especially challenging when it comes to Being Love?

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### Day 9: Be Gentle, Be Kind

Oh, dear one, self-discovery is sometimes challenging, isn't it? I bow to you for staying faithful to the path to Love! There is so much that needs to be unearthed within us in order to construct a new foundation of unconditional, loving presence.

In the past few days, we took a deep dive into exploring how we get kidnapped by fear (ego) and its relatives (jealousy, anger, judgement, etc.) What we need to remember is this: **EVERYONE** gets kidnapped—all the time, all day long! And because we do, how can we be anything but sympathetic, understanding and kind?

When I get stuck in ego, feeling sorry for myself, for example, which happened just yesterday because our 3 week vacation in Florida had to be cancelled, I lose my way for a while. It would have been wonderful if my first response had been, "Oh, darling, this is hard." But it wasn't. It was "poor me." "The Kindest Thing" I could have done for myself was to halt the victim dialogue, sit quietly, and cultivate a hefty dose of self-compassion.

I could have sat gently with myself like a dear friend would to say, "Jan, this is difficult. I know how badly you wanted to go. Something unexpected happened and it's hard to have your plans dashed. I'm sorry this hurts." I could have spoken kindly to myself in ways that would dissolve the emotions. "May I be free of suffering." "May I hold myself compassionately."

Let's bring the energy of self-compassion into our practice today. After you light your candle and settle into your sacred center, say something sweet to yourself. Something understanding and kind like a good friend would. When difficult emotions are present, be the voice of gentleness and embrace yourself with loving-kindness. As the Buddha taught, "Life is so very difficult, how can we be anything but kind?"

*(p.s. In case you're wondering, I did eventually settle down, took a little nap, and offered myself some metta phrases. I felt much better after that. And much better today, thank you.)*

## **Inspiration**

"When I can be the witness,  
all manner of miracles occur--  
old wounds heal, the past  
reveals itself to be released,  
present dramas play themselves  
out without sinking emotional  
talons into my soft skin. The  
witness welcomes truth and  
dares to meet reality on its  
own terms. It is the ground  
in which the seeds of  
transformation take root  
and finally flower. When  
the witness is awake. the  
lake of mind is still, and  
in that mirrored surface,  
I see my own true face as  
Spirit smiling back at me."

Danna Faulds, *Go In and In: Poems from the Heart of Yoga*

## **Reflection**

How does it feel to befriend yourself when it comes to difficult emotions? What kind of words did you say to yourself today?

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Day 10: Soft Eyes

Today, a guided practice called "Seeing Yourself through Eyes of Love." It is 5 minutes long and is a complete practice.

It also includes the Inspirational Prayer/Blessing for the day.

May this practice bring you much happiness. May it serve as a gateway for seeing others through eyes of love, too!

Listen here:

<http://www.awakenedliving.com/podcasts/CLCSeeingYourselfThroughEyesofLove.mp3>

The words to the prayer of gratitude at the end of the recording

May I continue to see the divine spark within myself.

May I offer myself the unconditional love and acceptance that my higher power does for me,

*in gratitude for the unique being I am,
the unique rendition of Spirit that I am.*

May love continue to grow and hold me so that I, too, may see others through the lenses of love.

~JLL

Reflection

How did this practice go for you? What did you notice about yourself when seen through lenses of love?

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### **Day 11: Seeing Souls**

Lovely friend, today I invite you to a video teaching on a Being Love practice that is powerful and transformative. It is time for us to take our understanding of ourselves as divine-humans, "soul beings," and apply it to other people. May we see ALL beings through lenses of love!

**The link to view the 3.5 minute video is here.**

<https://vimeo.com/156027965>

You will have to enter our password to watch it.

BeLoveNow

I suggest doing your Sadhana practice after viewing it. See if you can bring this exercise into your practice and, in your mind's eye, view others as souls!

### **Inspiration**

Compassion  
by Steinar Almelid

With  
humbleness,  
may I face

everyone  
with compassion

With  
devotion  
to enlightened life  
may I abide  
in true compassion

So that others  
may know  
their true Heart,  
may I have  
the wisdom  
and True Knowledge  
to bring out the best  
in everyone

With  
compassion  
for this world  
with all  
and everyone  
in it,  
may I fight  
in every way  
for a better world,  
for the generations  
to come

Accepting  
any hardship  
for myself,  
may I abide  
in the Energy  
of the Universe,  
the source  
of wisdom  
and compassion

Empowered,  
may I have  
true compassion  
in sharing  
the wisdom

of life and death  
with others,  
by  
being present  
in meditation,  
of any shape  
or form  
of everyday life

May  
this branch  
of Love  
be  
of benefit

### **Reflection**

When it comes to seeing others as souls, did you experience any roadblocks?  
Breakthroughs? How so?

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Day 12: A Heart Opener

Sometimes our thoughts and emotions become cyclical and repetitive, especially those that are rooted in anger, resentment, judgment or disappointment toward other people. No matter how hard we try to "think ourselves to Love," we simply can't get there.

In truth, doing so might be useless because thoughts and emotions are a form of energy (rather like electricity) and they circulate through the body/mind until the cycle is interrupted. Physical release is needed to break the circuit.

Today, I'd like to introduce you to a lovely heart-opening stretch. Try it out as part of your Sadhana. When it feels like your heart is closed off to others and you want to get to love but can't, this very simple practice can bring blessed relief. And return you to love!

Listen here (3.5 min).

<http://www.awakenedliving.com/podcasts/OpenTheHeart.mp3>

Inspiration

"When someone is full of Love and Compassion, he cannot draw a line between two countries, two faiths, or two religions."

~ amma

"The aim of devotion and prayer is to develop love for everyone."

~ amma

Reflection

When your heart feels closed, are there other practices you use to open it? What are they?

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## **Day 13: Just Like Me**

Today, dear friends, I have another most powerful practice for seeing others through lenses of love. It is what I call a "leveling" practice. By doing it often and repeatedly, we drop the delusion that we are better than, more "spiritual" than, anyone else. I first learned a version of it from Buddhist teacher, Pema Chodron.

I have adapted it to fit my own needs and purposes, using it when I am in public scenarios where my mind/ego wants to judge, categorize, or create unfounded opinions about people I see. I especially love doing it in the grocery store where so many folks seem stressed and irritable; when it's easy to have an aversion to them because of their physical appearance or actions. "Just Like Me" practice has warmed my heart to others in unexpected ways. I hope it will do the same for you!

### ***Read about it below.***

When you are done, spend five minutes in silence, holding the prayerful intention that you will begin to hold others, especially "difficult" others, in kind regard because, most certainly, everyone IS just like you. Practice sending the light of understanding and compassion to them. For, after all, everyone is a being of light and love, though they may not be aware of it yet.

## **Just Like Me** **by Jan Lundy**

When it comes right down to it, despite our differences, we are all very much the same. We all want the same things. I don't mean "things" in the material sense, but in the spiritual sense of ideals, hopes, and dreams. Isn't it true? Each of us desires these things:

To be happy  
To have shelter, a nice place to live  
To have food on the table  
To do meaningful work  
To be paid fairly for our work  
To be healthy  
To have good health care  
To have a comfortable life  
To have transportation  
To have opportunities, like education or travel.  
To be loved

The list could go on. Yet, when you consider the first wish on the list—personal happiness—this desire seems to be predominant and universal. We all want to be happy. Just plain happy. If you are happy, what else do you need, really?

And if it is true, if deep down inside we all want the same thing, why do we treat each other the way we do? With indifference, rudeness, or arrogance? In truth, you ARE just like me and I am just like you. The problem is (as I see it anyway) that our minds may know this logically, but our hearts do not believe it.

In the spirit of hospitality and open-heartedness, I'd like to invite you to expand your awareness and embrace our sameness, our oneness. Here is the perfect exercise for doing just that:

*The next time you are at a party, or strolling the mall, or sitting in an audience, select one person to focus on and say to your self, 'This person wants to be happy, just like me' Then notice how this act makes you feel.*

*Allow your focus to travel around the room and pick another person. Really look at him or her and say this again, or, perhaps, mix it up a bit. 'This person wants to be understood, just like me.' And on around the room you go. 'This person doesn't want to feel stressed, just like me.' 'This person wants to pay her bills, just like me.' This person wants to be loved, just like me.'*

Before you know it, your heart will feel softer, more open and pliable. You will find yourself looking at people differently, feeling less judgmental or critical, no matter

what they do, because they are, indeed, just like you—searching for happiness in their own unique way.

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## **Inspiration**

"In safety and in Bliss  
May all creatures be of a blissful heart  
Whatever breathing beings there may be  
Frail or firm ... long or big ... short or small  
Seen or unseen, dwelling far or near  
Existing or yet seeking to exist  
May all creatures be of a blissful heart."

~Sutta Nipata

## **Reflection**

In what other ways do you sense all beings are just like you? Can you open your heart to this sameness?

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Day 14: Compassion Rules

When we began our Sadhana of Love, I promised that I would show you how to "Be Love" even with difficult people. As you're learning, this is a deep practice! We've explored many ways to embody the Vibration of Love with all beings.

First, we learned that Being Love requires that we see ourselves as soul beings—divine-humans. As my teacher, Ram Dass, says, "You do not have a soul, you are a soul." Everyone is a soul and we can choose to see them as such.

Second, we realized that we needed to accept that all beings ARE just like us. We all want to be happy. We are each trying to find happiness in our own unique way. Are some of the ways we choose to do this misguided, harmful, or foolish? Of course! That is the nature of being human. When fear is present, the ego goes to work. We all fall prey to this, every single one of us.

Third, we admit, life is just plain difficult. Everyone struggles with something. Fear can predominate our sensibilities; personal pain can motivate us. We never know the complete story of suffering that someone might carry in their heart. We have our

own stories of hurt and pain. Knowing this, how can we be anything but kind to one another?

In truth, do not have to love everybody. We do not even have to like them. But do need to hold others in compassion or we will ALL continue to suffer. Compassion, I believe, is the highest form of Love, and the very best way to navigate every difficult scenario.

The most effective practice I know for holding difficult people in compassion is Metta (unconditional friendliness or loving-kindness) practice. I've enclosed a recording of how to do Metta with difficult people. Today, as you enter your Sadhana time, try it out on someone who is only mildly difficult or irritating. I hope you will feel your heart open as wide as the sky and experience the relief of letting go of any ill will you have toward them. Compassion can set you free to love large!

Bonus:

If you are not that familiar with Metta practice and how to do it, go to this page on my website. There you will find complete instructions, including more recordings that can help build your spiritual muscles!

<http://www.janlundy.com/metta---lovingkindness-practice.html>

Inspiration

My Heart Is a Home for Love
by Julia Cameron

My heart is a home for love. I open my heart to compassion, to charity, to respect, and to recognition. I encounter those I meet with openness and with respect. I honor the path that each is walking. I salute in all that I encounter the dignity of God. All differences, all difficulties, are noticed but not condemned. I respect the individuality of every soul. I accept our equality and our brotherhood.

(from *Heart Steps: Prayers and Declarations for a Creative Life*)

Reflection

Transparently reflect on your ability to hold others in compassion. Are there certain people (or types of people) you feel more compassionate toward? Others that you do not?

Final Thoughts

Hello, lovely friend,

Our Sadhana, "**Being Love**", is now complete. Though, like you, I realize that this journey to Love will continue all throughout our days. Let us practice what we have learned and continue to grow in loving awareness!

I want to thank you for your dedication and practice. I bow to your good heart and know that you will continue to bring much love to the planet for the healing of humanity. It has been a true joy being with you!

I have one final **Guided Meditation** I'd like to share with you. It feels like the perfect way to end our Sadhana together. It is not an original meditation. I adapted it from a teaching by Venerable Ayya Khemma. It's called "The Flower Meditation."

You can listen to it here. (6 min.)

<http://awakenedliving.com/podcasts/FlowerMeditation.mp3>

I'm including YOU in my meditation as one of the people to whom I give a flower! Enjoy and be blessed.

Boundless love to you, always,

Jan Lundy

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