



Loving Kindness - II:

Using Mindfulness to Navigate Turbulent Times



PeaceHealth



Welcome



YOUR MODERATOR

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Your speaker

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Mindfulness Coach

- Project Manager at PeaceHealth
- Longtime practitioner and coach of mindfulness
- Began in 1991 at a retreat outside Mumbai
- Coaching since 2013, esp. in workplace



Overview

What is Mindfulness?

- Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us or inside us.

Types of Mindfulness Practices

There are many amazing objects to use for mindfulness practice.

- Breath
- Body
- Thoughts
- Emotions
- Mind States

Practices to complement and extend mindfulness:

- **Loving Kindness**
- **Tonglen**



Poll

Which best describes your experience with mindfulness meditation?

- A. I've never done a meditation ever
- B. I've tried a few times to meditate
- C. I meditate every day/multiple times a day



Overview

What is Loving Kindness?

- Loving Kindness is a quality of the heart that simply wishes well to all beings without seeking anything back in return.
- Loving Kindness practice is the cultivation of a steady, unconditional sense of connection that touches all beings without exception, including ourselves.

4 Recipients of Loving Kindness Practice

- Loving Kindness for Loved Ones and Benefactors



- Loving Kindness for Oneself

- Loving Kindness for Neutral Persons

- **Loving Kindness for someone who has hurt or harmed us.**



What is Forgiveness?

- Forgiveness n. Willfully putting aside feelings of resentment toward an individual who has committed a wrong, been unfair or hurtful, or otherwise harmed one in some way. Forgiveness is not equated with reconciliation or excusing another, and it is not merely accepting what happened or ceasing to be angry. Rather, it involves a voluntary transformation of one's feelings, attitudes, and behavior toward the individual, so that one is no longer dominated by resentment and can express compassion, generosity, or the like toward the individual. Forgiveness is sometimes considered an important process in psychotherapy or counseling.

<https://dictionary.apa.org/forgiveness>

- When we forgive a person, a group, or ourselves; we heal the pain within us that trigger unpleasant emotions and thoughts.
- Forgiveness does not mean forgetting or excusing the harm done to us. It also does not mean making up with the person who caused the harm.



Benefits of Forgiveness

- Benefits of forgiveness
 - Healthier relationships
 - Improved mental health
 - Less anxiety, stress and hostility
 - Lower blood pressure
 - Fewer symptoms of depression
 - A stronger immune system
 - Improved heart health
 - Improved self-esteem

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/forgiveness/art-20047692>



Myths & Truths of Forgiveness

- Myth: Forgiveness is about the other person.
- Truth: Forgiveness is about you.

- Myth: If you forgive someone, you should forget it ever happened.
- Truth: Forgiveness and forgetfulness are two very different things.

- Myth: I need to tell the person I forgave them.
- Truth: You don't necessarily need to tell them you forgave them.

- Myth: If I forgive, it might happen to me again.
- Truth: Forgiveness can allow people to develop new ways to protect themselves physically and emotionally.

- Myth: After I forgive, I will never feel angry or hurt about it again.
- Truth: Forgiveness is a healing process that allows us more freedom and space.



Loving Kindness and Forgiveness

- Loving Kindness allows us to direct good will and love toward all sentient beings. This form of meditation aids us in developing an attitude of kindness and compassion.
- Forgiveness is always an act of kindness. That is why it is compatible with all religions and philosophies that promote kindness and non-harm.



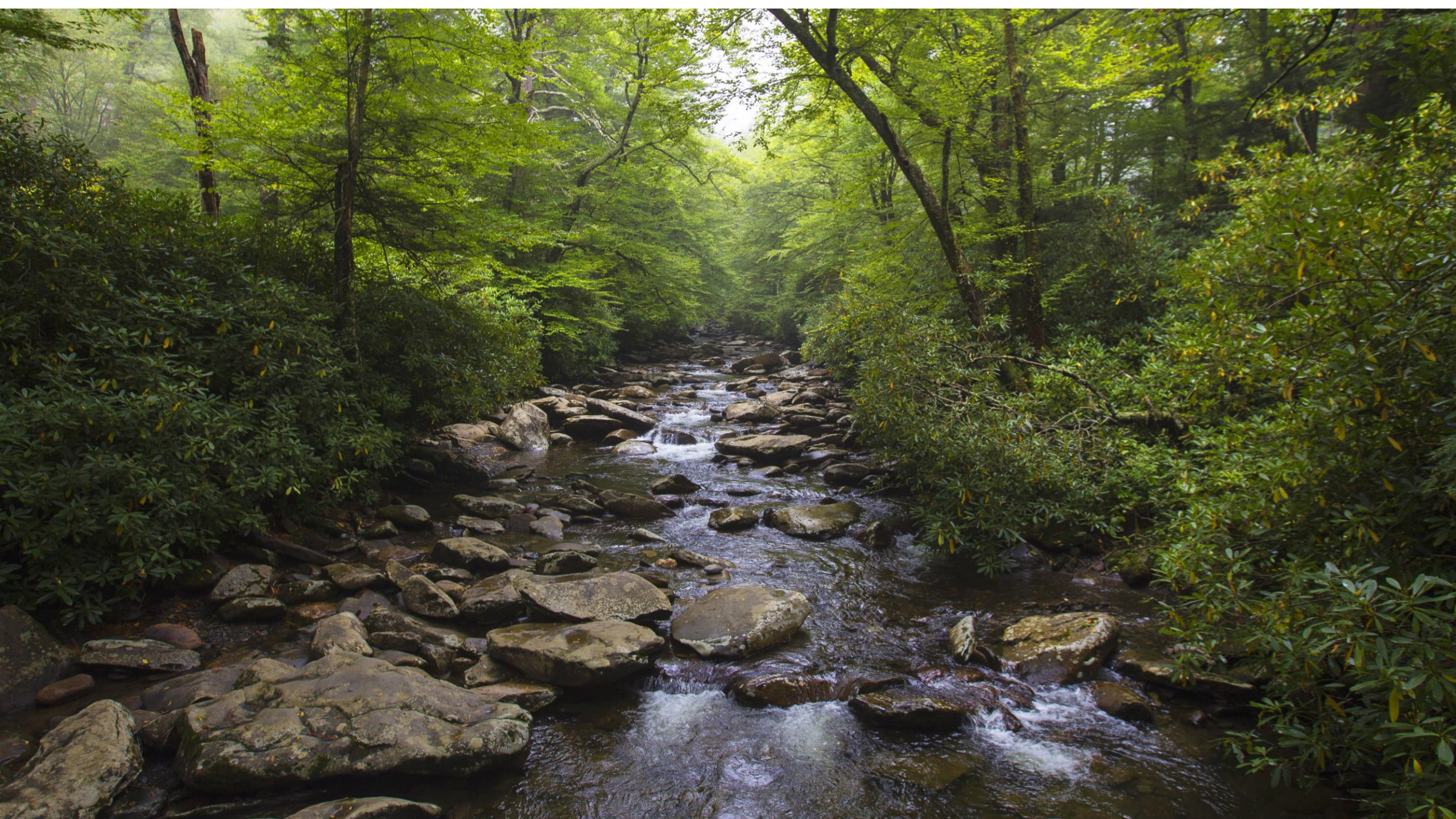
Dynamics of Loving Kindness practice

- Three phrases will be used for this practice:
 - May you <name> be happy
 - May you <name> be peaceful
 - May you <name> live with ease
- Synchronize the practice with your breath:
 - While inhaling say "May you <name> be"
 - While exhaling say "happy"
- Now, focus your attention exclusively on yourself. Remember that you too deserve unconditional love, kindness and happiness just like all other living beings.
- Remember that you are forgiving someone because you love yourself more.
- Repeat the three phrases of Loving Kindness for your own self
- Consciously expand the tender feeling in your heart that arises as you use these phrases for yourself
- Bring to mind someone who has hurt or harmed you; someone for whom a sense of hurt, resentment or ill will naturally arises in your heart
- If you are not comfortable bringing someone to mind who has hurt or harmed you, bring to mind someone who irritates you
- Use loving kindness phrases for that person, wishing for that person what you wish for yourself

Guided Loving Kindness Practice

15 minutes



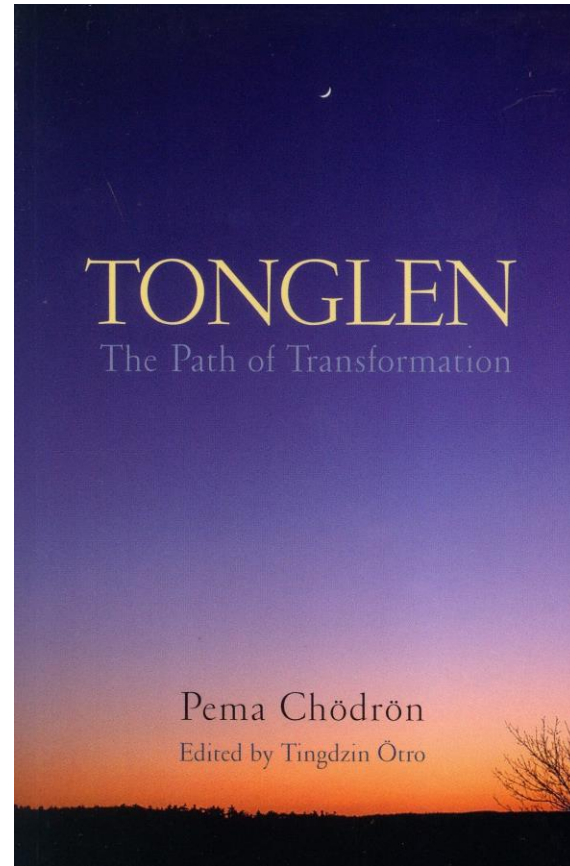




Tonglen ("Giving and Receiving")

- Tonglen is Tibetan for 'giving and taking' (or sending and receiving), and refers to a meditation practice found in Tibetan Buddhism tradition.
- Tong means "giving or sending", and len means "receiving or taking".
- This is the core of the practice:
 - breathing in: breathe in others' pain so they can be well and have more space to relax and open
 - breathing out: breathe out by sending them whatever we feel would bring them relief and happiness
 - Repeat
- The practice of Tonglen or Giving and Receiving is done to develop our compassion and our ability to be present for our own suffering and the suffering of others.
- It is a practice of great kindness that opens up our whole being to the overwhelming presence of suffering around us.
- It also builds our strength and willingness to transform alienation into compassion through the energy of mercy and the cultivation of openness.

Book Reference





Post-practice session

- Do you have questions?
- How would you describe your experience with the practice?

Resources & Handouts

- Recording
- Presentation slides
- Other resources at www.SummitMindfulness.com

www.peacehealth.org/healthy-you/webinar-mindfulness-loving-kindness-2



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***PeaceHealth is
here to help.***

Healthy **You**

peacehealth.org/healthy-you