



Lesson 3: Seeing the Light in Everyone

Journaling Prompts

- What kind of world do you want to live in? How do people treat one another?
- Where do you see examples of this in your life? Where do you see the opposite?
- What opportunities do you see for you to be more of what you want to see in the world?

Practice: Loving Kindness Meditation

The Dhammapada says, "Hatred cannot coexist with love and kindness. It dissipates when supplanted with thoughts of love and compassion." Loving-kindness meditation or "Metta" meditation is an ultimate form of generous and selfless love towards ourselves and others.

Choose a comfortable place with minimum distractions where you can practice this meditation. With eyes closed, back straight, and the mind present, first think of someone you love. Holding them in your mind, tell them:

"May you be happy. May you be healthy. May you be at peace."

Next, think of an acquaintance and repeat: "May you be happy. May you be healthy. May you be at peace." Repeat this process for a stranger and for someone who you dislike or are in conflict with.

Take as much time as you need to repeat the words. You only have to make sure that you realize what they mean and feel them from inside.

Mantras:

I am as you, you are as me.

I am love. I am light. I am peace.

I have the power to accept and forgive.