

Sitting with Christ the Resurrection and Life: When Life is Fragile

Because life is fragile, it is very important that we send love and compassion to ourselves and others, because love has the power to heal and transform our suffering and pain, our anxiety and brokenness. By God's grace, we can send the healing energy of love and compassion to ourselves, then to those we love, then to people we have divisive differences with, and finally to all people and all creation. We can begin with "May I," then "May my beloved," next "May those with whom I am angry," and finally "May all people and all creation."

The "Love Meditation" below is adapted from one used by the Buddhist monk Thich Nhat Hanh.

Find a quiet, safe, and joyful place to sit while you practice the Love Meditation. Once you have deeply engaged the first portion of this meditation, you can move on to the same process of deep engagement with the following three portions.

Love Meditation, First Portion

May I be peaceful, happy, and light in body and spirit.
May I be safe and free from injury.
May I be free from anger, afflictions, fear, and anxiety.

May I learn to look at myself with the eyes of understanding and love.
May I be able to recognize and touch the seeds of joy and happiness in myself.
May I learn to identify and see the sources of anger, craving,
and delusion in myself.

May I know how to nourish the seeds of joy in myself every day.
May I be able to live fresh, solid, and free.
May I be free from attachment and aversion, but not indifferent.

May I be able to truly love myself.

Love Meditation, Second Portion

May my beloved be peaceful, happy, and light in body and spirit.
May I be safe and free from injury.
May my beloved be free from anger, afflictions, fear, and anxiety.

May my beloved learn to look at herself/himself/themselves
with the eyes of understanding and love.
May my beloved be able to recognize and touch
the seeds of joy and happiness in herself/himself/themselves.

May my beloved learn to identify and see the sources of anger,
craving, and delusion in herself/himself/themselves.

May my beloved know how to nourish the seeds of joy in
herself/himself/themselves every day.
May my beloved be able to live fresh, solid, and free.
May my beloved be free from attachment and aversion, but not indifferent.
May my beloved be able to truly love herself/himself/themselves.

Love Meditation, Third Portion

May those with whom I am angry be peaceful, happy, and light in body and spirit.
May those with whom I am angry be safe and free from injury.
May those with whom I am angry be free from anger, afflictions, fear, and anxiety.

May those with whom I am angry learn to look at themselves
with the eyes of understanding and love.
May those with whom I am angry be able to recognize and touch
the seeds of joy and happiness in themselves.
May those with whom I am angry learn to identify and see the sources of anger,
craving, and delusion in themselves.

May those with whom I am angry know how to
nourish the seeds of joy in themselves every day.
May those with whom I am angry be able to live fresh, solid, and free.
May those with whom I am angry be free from attachment and aversion,
but not indifferent.

May those with whom I am angry be able to truly love themselves.

Love Meditation, Fourth Portion

May all people and all creation be peaceful, happy, and light in body and spirit.
May all people and all creation be safe and free from injury.
May all people and all creation be free from anger, afflictions, fear, and anxiety.

May all people and all creation learn to look at themselves
with the eyes of understanding and love.
May all people and all creation be able to recognize and touch
the seeds of joy and happiness in themselves.
May all people and all creation learn to identify and see the sources of anger,
craving, and delusion in themselves.

May all people and all creation know how to
nourish the seeds of joy in themselves every day.
May all people and all creation be able to live fresh, solid, and free.
May all people and all creation be free from attachment and aversion, but not
indifferent.

May all people and all creation be able to truly love themselves.