

Mettā

Uncontrived Weekend Retreat

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So we talked earlier about some of the conditions, like the weather conditions that help bring about Samadhi. Those include the ethical conduct that supports our life, mindfulness and energy, happiness, confidence. And it's partly a matter of gathering those and partly a matter of balancing them so that they all work together. One wonderful way to smooth the heart while practicing Samadhi is Menta, goodwill or loving kindness. This has the quality of refreshing the body and mind in cultivating a very wholesome form of pleasure. It's very supportive for all of the factors that we talked about earlier. So I'm going to offer one this evening, a particular meditation that was first offered by Ayakima several decades ago when she was still alive and has some, I think, offers a lot. So to begin, let's settle into our meditative posture and just spend a few moments with the breath, just putting the attention on the breathing as you've been doing and letting the body be comfortable from that to practice. We just sit in a way that feels easeful. That helps us to really bring the heart forward. So imagine that the sun is shining in your heart. It warms it. It lights it up so that there are no dark corners. Everything is pure and clear and the warmth of the sun in your heart fills you from head to toe with a sense of well-being. And it surrounds you with a feeling of being taken care of, looked after, embraced by the warmth of your heart. Now let that sun that is shining in your heart reach out and send all its warming rays and its beautiful light to the other people on this retreat, beaming them out to those on the screen and those that you remember from earlier can't be here this evening. Now think of your parents, whether they're still alive or not, and let the sun from your heart shine on them. Fill their hearts with the light and the warmth, giving them the greatest gift that you have, letting them feel your care and concern. Just as the warmth of the sun makes plants grow on earth, the warmth of the heart helps to make goodness grow in other people's hearts. And now we'll think of those people who are closest to us, those we might be living with. And the sun in our heart shines into their hearts, bringing the purity, the warmth, the clarity, the shining light to them as our gift without any expectation of a return. And now think of our good friends, relations, and acquaintances. Whoever comes to mind and the sun's rays from our heart warm them, bring light and love to them, express our togetherness. And we can see that they feel joyful receiving this warmth. You can bring them to mind just one at a time. Whoever wants to

come and not worrying whether you get every single one. Now think of the people we meet in our everyday life. The neighbors, people at work, students, teachers, patients, salespeople, mail carriers, whoever comes to mind. The sun from our heart will shine on anyone and bring love and light to everyone's heart. So we'll go from person to person, letting them know that we love and care. Thank you. Thank you. Thank you. Thank you. Thank you. Thank you. Thank you. Thank you. Now think of a difficult person in our life or someone we feel totally indifferent toward. The sun from our heart can do exactly the same. No need to discriminate. We can fill that difficult person with the warmth from our heart, embrace them, and surround them with care and concern. And we'll open our heart as wide as we can so that the sun in our heart has a chance to go as far as possible with its warming and beautiful rays of light and its nourishing strengths. First, we'll shine in upon all the people who might be directly within our physical presence, giving the gift of our heart to them. And then let that sun from your heart reach out to all the people who you know are somewhat nearby, those you've seen, those you've not seen, those that you have to assume are there. The sun is capable of making love grow, and the more strength it has, the more warmth others will feel. We can send it out wide into the world, all of those people we don't even know. The sun doesn't know us, but it shines on us and makes flowers and food and trees and bushes grow. So too will the sun from our heart make love grow. All around to the surrounding countries, across the oceans. Why not all the way out into the galaxy in the universe? The sun from our heart has beautiful warmth and rays and can embrace it all. And now gently we'll put the attention back on ourselves and feel the buoyancy and the lightness that come from the purity of the heart. We feel the joy that comes from loving and giving our love, and we enter into our heart seeing it lit up, nourished by the warmth of love, clear with nothing hidden, and feel totally secure in that. Many people everywhere become aware of the sun in their hearts. So we're nearing the end of a long day of practice. I hope that you have a sense of the goodness of this day. It's not easy to do what we've done today. To have some appreciation for your effort, your care, your mindfulness, your love. And I hope as you settle down for rest, either soon after this sit or later, if you stay up to practice a bit more. I hope you have a gentle sense of love for your own art, body, mind, practice. Wishing yourself well. I hope as you settle your head onto the pillow. Have a good day. Please consider supporting Darmaseed with a year-end gift. Your donations allow us to offer these teachings online to all. Visit darmaseed.org/donate to learn more. And thanks.