

## The Perfections – Loving Kindness

### Reflections and Practices

These reflections and practices can be enriched by discussing them with friends, fellow practitioners, and others.

Suggested reading: Gil's article "The Buddha's Teachings on Love" found on the article page of IMC's website. Also read Ajahn Passano's article "Sublime Abiding Places for the Heart" found on the parami page of the Audiodharma website (<http://media.audiodharma.org/documents/paramis/LovingkindnessAP.html>)

#### Reflections:

1. Reflect on some of the more significant acts of goodwill or loving kindness that you received from others. What made these significant for you? How did they make you feel? Did they motivate you in any way? What did you learn from experiencing these acts of goodwill?
2. Reflect on some of the more significant acts of good will or loving kindness that you have offered to others. What made these significant to you? How did you feel doing them? What did you learn from doing them?
3. Give some concentrated thought to what points of view you could draw on which would help you have greater good will or loving kindness for others. What aspect of another person can you consider that would incline you to feel friendlier toward them? Please write up a list of five points of view, reflections, or attitudes which would help you have more loving kindness toward others.

#### Practices

1. For the next month begin your meditations with a ten minute period of loving kindness. Notice how starting with loving kindness affects the rest of your meditation.
2. For one week devote all your meditation sessions to doing loving kindness. How does this affect your daily life?
3. When you are in some public situations, privately practice generating thoughts and feelings of good will, well wishing, and loving kindness to the people around you. How does doing this affect you?
4. Choose a person you are not getting along with. For three days focus your loving kindness practice on generating whatever goodwill or loving kindness toward this person that you can. Notice if and how your attitude toward this person changes over those three days.