

Einstein

"A human being is a part of the whole, called by us "Universe," a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. Nobody is able to achieve this completely, but the striving for such achievement is in itself a part of the liberation and a foundation for inner security."

Dass

Now just getting comfortable being with what is: sounds, sights, feelings, sensations, thoughts. Not pushing or pulling. Not trying to stop or change. Rest your weary mind. Just be with what is.

Perhaps imagine the ocean: a vast ocean of awareness. Rest in the depths of the ocean. At the surface of the ocean waves arise: waves of thoughts, of sensations, of feelings, memories, plans; waves of phenomenon after phenomenon, arising, existing, and then dissolving back into the ocean of which they are a part. Your Awareness Ocean. Waves arising, falling back into the ocean. Your awareness embraces all phenomena.

Imagine surrounding you images, images appearing in concentric **circles** spreading out as far as the mind can imagine in every direction. These concentric circles composed of beings, of all beings, of beings now and then, of beings here and there, of beings on this plane of awareness and on many other planes as well, beings that are human, beings of all species, . . .

In this phantasmagoric image of all beings, arises the awareness of the suffering inherent in these beings, suffering that is connected with being in form, suffering that is the result of the clinging of mind.

From the center of your chest, breathing out, send forth to these beings light and love,

touch each being with your heart.

May all beings everywhere be free from suffering.

May all beings everywhere be peaceful.

May all beings everywhere be happy.

May all beings everywhere be free