

The Four Immeasurable Meditations

(A Mahayana Buddhist Prayer; translated by Lama Yeshe Gyamtso)

May all beings have happiness and the causes of happiness
May they be without suffering and the causes of suffering.
May they never be without genuine happiness free of suffering
May they abide in great impartiality, free of preference, attachment and aversion.

Developing Love: A Meditation Practice by the Dalai Lama

The Dalai Lama has asked that the following practice be shared with as many people as possible. A group recently spent five days visiting with the Dalai Lama focusing upon what they believe are the five most important questions to be considered as we move into the new century. The five questions were:

1. How do we address the widening gap between rich and poor?
2. How do we protect the earth?
3. How do we educate our children?
4. How do we help Tibet and other oppressed peoples of the world?
5. How do we bring spirituality (deep caring for one another) through all disciplines of life?

The Dalai Lama said all five questions fall under the last one. If we have true compassion in our hearts, our children will be educated wisely, we will care for the earth, those who "have not" will be cared for. The group asked the Dalai Lama, "Do you think love on the planet is increasing or staying the same? His response: "My experience leads me to believe that love IS increasing." He shared a simple practice that will increase love and compassion in the world. He asked everyone in the group to share it with as many people as they can.

The Practice:

1. Spend 5 minutes at the beginning of each day remembering we all want the same things (to be happy and to be loved) and we are all connected to one another.
2. Spend 5 minutes breathing in cherishing yourself and breathing out cherishing others. If you think about people you have difficulty cherishing, extend your cherishing to them anyway. (It's good practice!)
3. During the day extend that attitude to everyone you meet. Practice cherishing the "simplest" person (clerks, attendants, etc.) as well as the "important" people in your life, cherish the people you love and the people you dislike.
4. Continue this practice no matter what happens or what anyone does to you.

These thoughts are very simple, inspiring and helpful. The practice of cherishing can be taken very deeply if done wordlessly, allowing yourself to feel the love and appreciation that already exists in your heart. Will you commit to creating Peace in yourself and thereby "On Earth" by spending 10 minutes a day with this simple meditation?