



Compassion Day

Rejoicing – Guided Meditation

Sit in a comfortable, upright position with your back straight. Start by checking your body from your feet up to the top of your head and let go of any tension you find. Relax so it feels like your skin, muscles and flesh are hanging on your bones. (pause)

Now take some deep, full breaths and let go of any thoughts about what you were doing before, and any mental agitation you may have. See your breath unravel these things so that they vanish into space. Let yourself relax completely, physically and mentally. (pause)

Rejoicing is one of the easiest ways to change your mind, to become more positive, compassionate and happy. It builds within you huge stores of positive energy, merit and virtue. When rejoicing it is always good to start with yourself. Rejoice in even the smallest kindness like smiling or being kind to someone, giving directions to a person who is lost, giving some food to a hungry person or animal. Rejoice in the steps you took to get here, and in the interest you have in changing your mind to become more loving and compassionate. Now take a moment to rejoice in the good things you have done. (pause)

Also, rejoice in the compassionate work and service you have offered in your home, within your family and community. Things like being there to drive a family member or friend to an appointment, helping set-up or clean up for a community event, or volunteering in any other way. Any participation within your community in cause for rejoicing as a community is a group of people and by your presence alone you help build that community. This is wonderful – rejoice. (pause)

Rejoice in the good qualities of others – generosity, intelligence, kindness, and so on. Think of all the wonderful things others have done. The ways people have helped each other in the past and are helping each other now. Think of all those who out of kindness and compassionate service make efforts to protect others, help when someone is sick or injured, feed the hungry, go to places where conditions are very bad and make efforts to help those who are there. Also, rejoice for those who work in the communities here and around the world to provide the space for like-minded people to gather.

Rejoice in the positive actions of our current teachers, the efforts they have made to become our teachers, and the way that they benefit all of us by their actions. Think of the life stories and actions of the teachers, saints and holy people of the past. Rejoice in how their efforts and devotion are still shaping ourselves and the world. (pause)

Try to remember rejoicing when your mind automatically begins to criticize and feel jealous of another person's good qualities or fortune and when you feel depressed, scared or run down. Remember when you rejoice in the qualities, kindness and compassionate actions of others you gain the positive energy, as if you did that action yourself. Rejoicing in your own past actions has the same result as doing that action again. Why? Because what we do and think of most creates habits in our minds. The more we rejoice the more we become positive, the more positive we become the more we are able to benefit those around us, the more we benefit those around us the happier and more joyous we become. Our joy, kindness and compassion then spreads, grows, and inspires others. This is so amazing. Let yourself feel this now.
(pause)

By virtue of the joy, kindness and compassion we have generated by engaging in this meditation may all beings live their lives free of all types of suffering, may all rejoice and may peace and prosperity spread everywhere.

Composed by Ven Palmo - April 2013