

# AWAKENING THE HEART IN A SUFFERING WORLD

## QUOTES FROM 'LIVING WITH KINDNESS' SANGHARAKSHITA

It's a tall order - we feel easily overwhelmed, helpless and hopeless so we need to find a bigger space of heart awareness beyond the personal feelings. e.g. Avalokiteshvara.

We've all had to protect our hearts in the past from blame, hurt and trauma so they can be blocked and shut down which sets up a conflict between our limited capacity and our aspiration. So there is a need for acceptance but also tools in meditation to warm up and open up the safe and sensitive space of meditation.

But in the end metta needs to transcend the personal beyond like and dislike, sympathy and antipathy as we can in reality find ourselves in bargaining mode or plain disinterest. Quote p.104.

This keeps us tied to a centralised self - here - the centre of the universe - and to dualistic terms of me here and the other there and our way of even being kind is often self-referential. Quote p.131

'From' the self creates a duality - from me to you.

But a movement 'of' the self expanding outwards allows us to let go of this centralised self to merge and lose itself in the world around from which it is not inherently separate anyhow. This way makes it possible to embody kindness and radiate it like a sun shining.

There is a more spacious field of kindly awareness always there waiting for us to tap into where we can be released from the chains of an isolated, apparent loneliness. To quote Prajnamati from the last session - "Once the wrong view of self and world fall away, what remains is the flow of conditioned experience."

We also need to remember that we do not practice for ourselves only but also for the sake of all sentient beings. For me, this always brings a bigger perspective into my practice and a greater responsibility to myself in that space as it matters more whether I practice or not.

May I and all beings be at ease.

May I and all beings be safe and protected from harm.

May I and all beings be met with forgiveness

May I and all beings be free from suffering.

May I and all beings be happy, peaceful and free.

So, with boundless heart

Should I cherish all living beings

Radiating kindness over the entire world.