

READING

When Things Fall Apart by Pema Chodron Chapters 14, 15

TUTORIAL TO WATCH AND OUTLINE:

TONGLEN AN EXPLANATION

11:29 — Tutorials / Spiritual Maturity

MEDITATIONS TO WATCH/LISTEN AND OUTLINE:

TONGLEN MEDITATION FOR SELF AND OTHERS

21:30 — Meditations / Compassion

TONGLEN TO RELIEVE SUFFERING

21:30 — Meditations / Compassion

TONGLEN FOR SELF

1. “Other people feel this way too.”

subtext: I am not alone. There is nothing wrong with me.

2. “This too shall pass.”

subtext: This won't last forever. Nothing lasts forever. I can be with this.

3. “I wish you could be free of this suffering.”

subtext: I know how you feel. I know how this feels and it sucks. I sincerely wish that you and I both be free of this suffering so we can be happy.

4. Continue using the breath with words as needed to help you grow the feeling of compassion. At some point as the feeling of compassion grows, the words will become superfluous. Just be with the breath. At some point, you will know when, allow the feeling of compassion you are sending out to flow back to you.