

Meet that person with the same phrases, paying close attention to your heart-mind's response:

May your happiness and joy increase.

May the joy in your life continue and grow.

May you be successful and met with appreciation.

*Two minutes of silence*

Now let's begin to expand the field of appreciation to all those who are in your immediate vicinity. Start by sending phrases of appreciation to everyone in the room with us. Then gradually expand to those in our town or city, allowing your positive intention of meeting everyone with appreciation to spread out in all directions.

*Pause*

Imagine covering the whole world with these positive thoughts. Send appreciation to the north and south, east and west. Radiate gratitude and appreciation to all beings in existence—those above and below, the seen and the unseen, those being born and those who are dying. With a boundless and friendly intention, begin to repeat the phrases of appreciative joy:

May all beings experience happiness and joy.

May the joy in this world continue and grow.

May all beings be successful and met with appreciation.

*Two minutes of silence*

Now it is time to let go of the phrases and bring attention back to your breath and body, investigating the sensations and emotions that are present now. Then, whenever you are ready, allow your eyes to open and your attention to come back to your surroundings.

(Ring Bell)

Bring into efficient life experiences.

7/11/16-

## Equanimity Meditation

Transform  
Co-Dependency

Find a comfortable way to sit, and allow your attention to settle into the present-time experience of the body. Closing your eyes, begin to relax any physical tension that is being held in the body by softening the belly; relax the eyes and jaw and allow your shoulders to naturally fall away from the head.

*Pause*

After a short period of settling into present-time awareness, begin to reflect on your deepest desire for happiness and freedom from suffering for both yourself and others. Reflect on your desire to serve the needs of others and to be compassionately engaged in the world. Reflect on both the joy and the sorrow that exist in the world.

*Two minutes of silence*

Allow your heart's truest longing for truth and well-being to come into consciousness. With each breath, breathe into the heart's center the acknowledgment of the need to balance your pure intention of creating positive change with the reality of your inability to control others.

Begin repeating the following phrases:

All beings are responsible for their own actions.

They are in charge of their choices.

Suffering or happiness is created through one's relationship to experience, not by experience itself.

*Pause*

The freedom and happiness of others is dependent on their actions,

not on my wishes for them.

How karma is there

meet my spiritual w/c  
posthumous response!

I can't make it "all better" for them - Carol, Sarah, Powell