

Personal Practice: Love/ Lent

A Meditation for Reaching Out in Love, Part 2 *(adapted from exercises by S. Roman)*

Supplies:

- Paper or Journal, pen or pencil

“Hate cannot drive out hate; only love can do that.” - Martin Luther King, Jr

This practice is a continuation of last week’s with the same title (minus the “part 2” reference.) I You may find it helpful to become very comfortable with the first part before moving on to this.

For the purposes of the exercise, identify someone you with whom you have had difficulties or even shared hostilities. Again, maybe not selecting the hardest person yet but someone a step or two beyond one(s) you may have used for the last practice. You can work up the scale as your comfort level grows with the process.

Sit with your eyes open or closed. Adjust your posture so that you are comfortable, perhaps putting your hands at your sides. Begin by taking a few deep breaths.

Refer to the previous “Reaching Out in Love” meditation for the initial relaxation process.

Now imagine that the highest, best part of you is sitting in a beautiful place, in comfortable surroundings. Invite a role model you associate with deep love to sit with you and help increase the feeling of love in you. That could be Jesus, Mother Teresa, or someone else who inspires this in you. To work with the more challenging people, you may wish to invite (in your mind) other people who are very comforting or supportive for you. Feel their peace, joy, and love all around you and inside yourself. Sit with this for as long as you need to feel fully at peace and relaxed.

Think of the person you identified earlier. Invite them to join you. Now, without speaking, focus on your heart and feel it full with love. Take as much time as you need for this. Next, imagine a cord of light growing out from your heart and extending toward this person. The first time you do this with a difficult person you may not want to connect but instead just send love towards them. It may even be that you focus simply on maintaining your good feelings while in their “presence”. Eventually, you can move towards being able to make a connection with them and mentally telling the person you love and accept him or her exactly as she or he is. Express any other messages of love you want to send. When you are done, pull the cord back to your own heart, again feel the fullness there. Mentally say goodbye to the others present and open your eyes. Repeat this process with the same person several times over the coming week, each time progressing further.

Record in your journal any feelings or insights you gained. If you find the process helpful, try it with other people of varying difficulty.



First Congregational Church
6 Kirby Road, PO Box 1285, Washington, CT 06793
(860) 868-0569 www.FirstChurchWashingtonCT.org
admin@firstchurchwashingtonct.org

