

Tonglen*- Meditation

**= to take and to give*

Tonglen is a meditation where you open your heart for love and compassion.

Love and compassion dissolve and convert emotional stress and traumatizations, fears and even diseases within you and within others.

Essential Idea:

Our own fear of suffering gives it a pseudo objective existence and pulls it into our reality.

Your heart has the capacity to absorb all kind of negativity and to convert it into something positive.

The negative feeling will not stick to your heart. Your love and compassion convert it into something good, which you give back into the world.

You can help other people by practising Tonglen and at the same time you clean yourself.

It is important only to do an exercise, if you feel at ease with it!

First exercises: Open your heart:

Imagine a situation when you got really touched by the love of someone. Recall that moment, when this person was showing you his love and how you received it.

Try to recall this feeling inside of your heart and try to feel thankful for it. If you manage to do that, your love will naturally flow back to this person who caused it.

Try to feel that you deserve love and that you are really lovely.

Now open your heart and let it spread its love. Extend this love on your beloved ones and on your friends.

When you have some more practise extend your love towards people with did hurt you or cause you problems. Expand it on the universe and let your love be without limits.

How to create compassion:

Most human beings have similar emotions. They long for love and happiness and they are as scared of suffering as your self. See in your fellow someone who is related to you. Imaging how you would feel on his place.

How would you feel? What would scare you? What would hurt? How would you like to be treated?

Open you heart for the suffering of others and for the suffering of the world. Try to feel its sadness with love. Feel compassion and focus on it.

Compassion is different than pity.

If your own fear is touching the pain of someone, you feel pity.

If your love is touching someone's pain, you feel compassion.

Tonglen for yourself:

Before you can give your love and compassion to others, you need to discover, create and develop it within yourself.

Calm down your thoughts and centre yourself. Feel your mood and the condition of your spirit.

Absorb negative feelings when you breathe in and spread peace, clarity, love and joy when you breathe out. Try to clean your mental and emotional condition like that.

Project an image of yourself which is sitting in front of you and face your double.

You represent that part of your being who is your best friend, who is loving, open, compassionate and helpful. You don't blame yourself for any thing.

Your double represents that part of you, who is hurt, suffering or in pain.

Imagine that you take the pain of your double into your heart, when you breathe in.

When you breathe out, you give your love and compassion to your double.

You can imagine the pain as dark smoke which shows on that area of the doubles body, where this pain would be located.

With every breath you pull some of that dark smoke into your heart, where you convert it into golden light. When you breathe out you blow some golden light onto the affected area of your doubles body.

If you have converted the dark smoke completely, or if you feel that you did enough work for the moment, you kindly embrace you double unifying it with yourself.

Clearing of bad Karma:

Imagine a situation where you really did something wrong or for which you feel reasonable, something where you feel really bad or sorry about.

When you breathe in, you take the full responsibility for this situation. Do not justify yourself.

Realize what you did wrong and ask from the bottom of your heart for forgiveness.

When you breathe out, you exhale pardon, healing, compassion and love.

You absorb the calamity and you breathe out forgiveness.

Tonglen for someone else: (advanced only!)

Think of someone you would like to help or of a situation which you would like to clear.

Look at his hatred, his low self esteem, his weakness and his mistakes, his rage, frustration and negativity. Try to feel how this person feels and feel the pain which is connected to so much negativity. Imagine this negativity as dark smoke around the person's body.

Breathe that dark smoke into your heart and convert it there into golden light. When you breathe out, give that golden light to this person and replace slowly the dark smoke. Your compassion will touch this person exactly where she needs it. Try to feel your love for this person and be sure, that you really help him in this moment.

Replace all of the dark smoke until your hearts come very close. Now look at that pure children heart which belongs to this person and unify it with your heart.

Now there is no more separation and no more negativity. You are one heart, one light, one being.

Now try to spread your love and compassion on all suffering creatures on earth.