Sleep Meditation - Tonglen

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

☐ Thoughts? ☐ Heart? ☐ Body? ☐ None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life

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Welcome back to another guided sleep meditation.
In this practice today we'll be doing a form of meditation known as "tonglen".
Tonglen is Tibetan for taking and sending.
And this is a form of meditation that we can use to cultivate goodwill.

In this practice we visualize taking in the pain of others with every in breath and sending out whatever will benefit them on the out breath.

So, we breathe in pain and suffering and we breathe out healing and warmth and light.
This is a form of meditation that awakens compassion.
Allowing us to care for others.

So, we can start this practice as we normally do just by settling the body.
Coming to a place of stillness.
Letting the belly be soft.
Maybe taking a few deep breaths at your own pace.

And before we begin the practice of tonglen, spending a moment or two just connecting with the intention to be of service in the world.
The intention to be a source of healing or refuge for others.
Connecting with this good intention.

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And to begin the visualization you can connect with breathing in feelings of heat or darkness or pain.
And breathing out a sense of coolness or brightness or light.

As you breathe in you can visualize a dark smoke coming into your body.
And as you breathe out it's transformed into light.

This breathing in can signify all the pain and suffering and sadness in the world.
As you transform it inside and breathe out light and healing.

As you breathe in, see if you can breathe in completely through all the pores of your body.
Taking in this darkness and smoke and negativity.
And breathing out completely, radiating positive energy, coolness, love and compassion.

Breathing in the darkness and breathing out light.
Every time you breathe in you can imagine that you are breathing in all the suffering of the world.

And as you breathe out you can imagine that this light coming out is healing the world.

You might find it helpful to bring to mind a particular person or situation.
Someone who is suffering, someone who you care about.
And imagine breathing in their pain and their suffering.
Taking it away from them.

And breathing out a warm healing light.

Each breath, taking away more of their suffering and giving them more healing energy.

Bringing to mind another person who might be experiencing pain or sadness.
Or perhaps anyone in a similar situation.
Breathing in, filling your lungs with smoke and darkness and transforming it, breathing out coolness and light.

You can also use this practice to heal your own suffering.
Imagining breathing in your own negativity, your own suffering, sucking it out of your body and then breathing it out a healing white light, it goes back into your body.

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And perhaps expanding this scope of practice to everyone in your community or everyone in your city.
Breathing in the suffering, transforming it, and radiating out the healing energy.

Moving out into the rest of your state or country.
Visualizing all the people, whatever sadness or frustration, anxiety or fear, taking it from them, breathing it into your own body and breathing out light, understanding, patience.

Continue to do this practice, breathing in negativity and breathing out healing.

Allowing yourself to slowly drift off into sleep.