



Innate Sympathetic Joy and Wisdom Meditation (10.24.11)

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In Buddhist understanding, the inner power to feel happy and joyful is a natural capacity of the mind's nature that manifests within in positive attitudes and actions of compassion, honesty, generosity, patience, kindness, deep peace, and so forth. In addition, when someone consciously takes joy in others' positive qualities and actions, and in their happiness, it helps her own mind break out of its shell of self-clinging to realize more of its essence of love and wisdom. In the meditation below, we enter into the practice of taking joy in the positive actions and happiness of beings, then release the visualization and all frames of reference into the openness and simplicity of the natural state, innate wisdom. This practice of joy and wisdom is a great support for the bodhisattva path of awakening. *Please consult "TIPS for progress in practice" at the end of this handout before beginning the practice.*

--**Set motivation** to be fully awakened to all qualities of nature of mind for sake of all.

--**Refuge and bodhicitta** prayer or **TAYATA** mantra OR **3 deep breaths**.

Bring to mind -- a benefactor, someone you feel grateful for being in your life: Consider the many moments in their life when they embodied their most basic goodness, whether observed or unobserved by you, for example, moments of patience, or generosity, or compassion, moments of deep listening, honesty, or discernment, or moments of kindness, courage, or perseverance. Let yourself take joy in those positive actions, thinking, "How wonderful!" Think of more and more such moments, taking joy in them.

Then consider many moments of happiness which that person has experienced in their life and let yourself take joy in all such moments of their happiness, thinking, "How wonderful!" After a little while, think: "May they never be separated from the purest joy in the nature of their mind," affirming that with your whole heart and mind. Let the energy of your joy radiate out to him/her.

--**someone who is dear to you, a friend:** Consider the many moments in their life when they embodied basic goodness, whether observed or unobserved by you, for example, moments of patience, or generosity, or compassion, moments of deep listening, honesty, or discernment, or moments of kindness, courage, or perseverance. Let yourself take joy in those positive actions, thinking, "How wonderful!" Think of more and more such moments, taking joy in them.

Then consider many moments of happiness which that person has experienced in their life and let yourself take joy in all such moments of their happiness, thinking, "How wonderful!" After a little while, think: "May he/she never be separated from the purest joy in the nature of their mind," affirming that with your whole heart and mind. Let the energy of your joy radiate out him/her.



--a **stranger**: Consider the many moments in his/her life when they must have embodied basic goodness: e.g. moments of patience, or generosity, or compassion, moments of deep listening, honesty, or discernment, or moments of kindness, courage, or perseverance. Let yourself take joy in those positive actions, thinking, "How wonderful!" Think of more and more such moments, taking joy in them.

Then consider many moments of happiness which that person must have experienced in their life, and let yourself take joy in all such moments of their happiness, thinking, "How wonderful!" Then think: "May he/she never be separated from the purest joy in the nature of their mind," affirming that with your whole heart and mind. Let the energy of your joy radiate out him/her.

--a **disliked one**: Consider the many moments in his/her life when they must have embodied basic goodness: e.g. moments of patience, or generosity, or compassion, moments of deep listening, honesty, or discernment, or moments of kindness, courage, or perseverance. Let yourself take joy in those positive actions, thinking, "How wonderful!" Think of more and more such moments, taking joy in them.

Then consider many moments of happiness which that person must have experienced in his/her life, and let yourself take joy in all such moments of their happiness, thinking, "How wonderful!" Then think: "May they never be separated from the purest joy in the nature of their mind," affirming that with your whole heart and mind. Let the energy of your joy radiate out him/her.

--**yourself**: recall many little moments when you have embodied, e.g., patience, or generosity, or compassion, or deep listening, honesty, or discernment, or kindness, courage, or perseverance. Let yourself take joy in those positive actions, thinking, "How wonderful!" Think of more and more such moments, taking joy in them.

Then consider many moments of happiness which you have experienced in your life, and let yourself take joy in all such moments of happiness, thinking, "How wonderful!" Then think: "May they never be separated from the purest joy in the nature of their mind," affirming that with your whole heart and mind. Let the energy of your joy radiate out.

--**all beings**: Consider the many moments in their lives when they must have embodied basic goodness: e.g. moments of patience, or generosity, or compassion, moments of deep listening, honesty, or discernment, or moments of kindness, courage, or perseverance. Let yourself take joy in their positive actions, thinking, "How wonderful!"

Then consider many moments of happiness which they must have experienced in their lives, and let yourself take joy in all such moments of happiness, thinking, "How wonderful!" Then think: "May they never be separated from the purest joy in the nature of their mind," affirming that with your whole heart and mind. Let the energy of your joy radiate out them.



Releasing into the wisdom of the natural state: At this point let go of the visualization, release the framework of subject/object, and just merge into oneness with that gentle, radiant energy. Let all thoughts, feelings and sensations settle into their own spacious ground, like snowflakes settling in a pond. Let the mind relax into its own natural openness, in utter simplicity, letting all be as it is. All senses wide open, mind unconfined, unrestricted, totally open. Let the natural power of openness and awareness itself do the knowing, the meditating. Let thoughts and sensations arise and dissolve of themselves within this sky-like expanse of openness and awareness.

Dedication of Merit:

May the pure, brilliant sun of the spirit of awakening,
Dawn in each and every heart and mind,
Dispelling the darkness of suffering and confusion,
Unstoppably—until all are fully illumined and awakened.

TIPS for progress in this practice:

During the first weeks of daily practice of this meditation, focus mainly on the stage(s) of the meditation most accessible to you, most easy to work with. As the power of the practice in one stage becomes strong, you can let it carry you into the next stage.

If you have too much difficulty at any stage, back up to a stage that is more doable until the power of that practice more easily carries you into the next stage. Eventually engage all stages.

Whatever stage(s) you focus on, always conclude the practice with the final instructions of releasing into the wisdom of the natural state.