

Guided Buddhist & Ignatian Meditations (10 Minutes Each)

1. Tonglen Meditation – Giving & Taking (*A Practice in Compassion*)

[Introduction – 1 Minute]

Find a comfortable seated position. Close your eyes gently and take a deep breath in... and out. Feel your body settle into stillness. This practice, called **Tonglen**, will help cultivate **compassion** by breathing in suffering and breathing out relief.

[Grounding – 2 Minutes]

Bring your attention to your breath. Inhale deeply through your nose... and slowly exhale through your mouth. With each breath, feel your heart opening. You are safe, present, and capable of transformation.

Now, visualize a **soft, glowing light** at the center of your chest—a source of warmth, love, and deep compassion.

[Taking in Suffering – 3 Minutes]

Now, call to mind someone who is experiencing pain or hardship. It could be a friend, a loved one, or even a group of people suffering in the world.

With your next inhale, imagine **drawing in their suffering**—not as something overwhelming, but as dark, heavy smoke entering your heart. As it enters, the warmth of your compassion **dissolves it completely**, transforming it into light.

With your exhale, **send out pure relief, peace, and comfort**—like a cool breeze or a warm, healing light. See this energy flowing toward the person, easing their burden, soothing their pain.

Breathe in suffering... transform... breathe out relief.

[Expanding Compassion – 2 Minutes]

Now, expand your awareness. Imagine taking in the suffering of **all beings**—their fears, loneliness, and struggles. As you breathe in, the weight of the world is drawn into your heart... but your heart is vast, strong, limitless in its compassion.

With each exhale, **send out healing, love, and peace** to all who need it. Feel the flow of **giving and taking**, the interconnectedness of all life.

[Closing – 2 Minutes]

Slowly bring your focus back to your own breath. Notice the warmth in your chest, the feeling of connection.

Know that you **carry this compassion with you** beyond this meditation. Whenever you encounter suffering—your own or another’s—you can breathe it in and transform it with love.

Take one final deep breath in... and exhale slowly. When you feel ready, gently open your eyes.

2. Gratitude Meditation – Cultivating Appreciation (*An Ignatian Contemplative Practice*)

[Introduction – 1 Minute]

Find a comfortable position, either sitting or lying down. Close your eyes and take a slow, deep breath in... and out. Allow your body to relax, your mind to settle. This meditation will focus on **cultivating gratitude**—appreciating life’s gifts, both big and small.

[Grounding – 2 Minutes]

Gently bring your attention to your breath. Feel the air entering your lungs, filling your body with life.

As you breathe, place a hand over your heart. Notice its steady rhythm—the quiet, constant beating that has been with you since the beginning. **This life, this breath, this moment—it is a gift.**

[Reflecting on Gratitude – 3 Minutes]

Now, bring to mind one thing you are grateful for today. It could be something simple—a conversation, a meal, the warmth of the sun. Let this **feeling of gratitude fill you**, like light expanding in your chest.

Next, think of someone who has had a positive impact on your life. Maybe a friend, a teacher, a loved one. Picture their face, hear their voice, feel the kindness they have offered you. **Send them silent gratitude.**

Now, expand further—consider the circumstances, opportunities, and even challenges that have shaped you. See how even difficulties have taught you resilience, patience, or strength.

[Deepening the Practice – 2 Minutes]

Shift your awareness to your senses—the ability to **see, hear, touch, taste, and feel** the world around you. Appreciate the way life unfolds in every moment, in every breath.

Silently say to yourself:

“I am grateful for this life. I am grateful for this moment.”

[Closing – 2 Minutes]

Take a deep breath in, drawing gratitude into your heart... and slowly exhale. Carry this appreciation with you beyond this meditation. Let it shape the way you see the world.

When you are ready, gently open your eyes.
