

Tonglen

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

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



Tonglen is a practice that comes from Tibetan Buddhism. It is a term that means 'sending and receiving' or 'giving and taking'. This practice helps to awaken compassion within and to soften or dissolve the barriers we hold around the heart.

Set aside at least five to ten minutes for this practice. Ensure you are in a comfortable space where you can close your eyes for this meditation.

PRACTICE:

1. Begin by coming to a comfortable seated position, ensuring the spine is straight and the shoulders are relaxed. Close your eyes when you have read through the instructions and are ready to practice.
2. Take a few slow and steady breaths to ground your attention in the present moment.
3. Once you feel settled, begin to visualize an orb of pure, radiant white light in the center of your chest. This light represents love, compassion, peace, and healing.

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4. Take a few moments to simply be with this light. When you feel grounded in it, allow your mind to land on the difficulties in your life. Imagine these fears, concerns, and discomforts as a dark, heavy energy or cloud.
5. As soon as these dark energies come to mind, breathe them in and invite them into the white light in your chest. With each inhalation, the heaviness and darkness dissolve within this healing, loving light.
6. As you breathe out, let all negative energy leave your body completely as you radiate positivity and warmth.
7. Continue this practice for as long as you'd like, and then consider exploring this for other people, animals, or ecosystems as well. As you breathe in, let the heaviness or darkness that surrounds them be dissolved by the light within you. As you exhale, send them healing, loving light.
8. Finish this practice by offering it to the entire world. Inhale any negativity, suffering, or darkness of the world into the white light of the heart. Exhale compassion and lightness to all beings of the earth.
9. When you are ready to finish this practice, let all visualizations go as you come back to the breath. Ground yourself through the earth and open your eyes slowly to come back.

REFLECTION:

After finishing this practice, take a few moments to consider what this practice felt like in both mind and body. How might you embrace this type of meditation in daily life, whether formally or informally?