

Meditation 26

Transforming Judgment and Aversion through Alternating Meditation

Start by contemplating the actions of someone who's harming others, and remind yourself why you'd want to do meditations to transform your judgment and aversion. If you find yourself thinking badly of this person and feeling you don't want to benefit them, work through your aversion by contemplating karma, cause and effect, and the fact that they're only creating the causes of their own future suffering.

Alternate each stage of contemplation, compassion, commitment, and prayer with resting the mind. Try to cultivate genuine concern for this person, wanting them to receive as much or more benefit as those you have a more accessible love and compassion for.

Keep stretching the meditation, increasing the scope of people and situations you're contemplating. Alternate those sequences of contemplation and compassion with resting the mind within a limitless love without objects, without effort or contrivance. If you become distracted, go to the next step of the sequence and continue on from there, finally embracing all beings for all time.