

Traditional Asian Healing



For the next few weeks, we'll read about – and try – different kinds of traditional Asian healing. Today we will start with meditation.

Before we start, look at the “vocabulary” box. Read the words and the meanings. Can you guess the meaning in Japanese? After you guess, you can check the *kanji* on the back of this sheet.

Vocabulary

cell – a very small part of your body. For example, we have red and white blood cells, brain cells, etc.

focus – to aim your thinking to make things clear, similar to the way you focus a camera.

freely flow – to move smoothly, like water in a river.

meditation – an exercise that will calm your mind.

radiate – to come out in waves. Light and heat radiate from the sun.

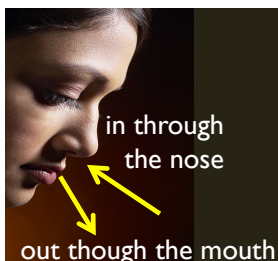
visualize – to see something in your mind, to imagine.

Loving Kindness Meditation

People in Asia have been doing meditation for thousands of years. Scientists and doctors now know that meditation does more than help you relax. It can make your body stronger. It can also increase your happiness. It can even change your brain cells.

There are many kinds of meditation. One kind is called *Loving Kindness Meditation*.

Sit in a way that is comfortable. You should sit up straight. If you lean over, it is easy to get sleepy. The video gives more instruction but it isn't important. Just sit in a way that respects your body.



When you start, think about your breathing. Breath out through your mouth. Breath in through your nose. Your mouth is bigger than your nostrils (the holes in your nose) so this helps get rid of old air. Practice breathing that way a few times:

Out through your mouth. In through your nose.



This meditation uses four key sentences.

May you be well.
May you be happy.
May you be peaceful.
May you be loved.

When you hear the sentences, repeat them silently in your mind.
Focus on the person you are thinking about.
Visualize them (get a picture of them in your mind).
Imagine your *loving kindness* radiating from your heart. It flows throughout your body. Then it flows to the other person.

First you will think about yourself. You wish *loving kindness* on yourself. Happiness comes from your own heart.

Next you will focus on someone you love. Maybe a member of your family. Who will you think about? Your mom? Your dad? A brother or sister? Someone else? Imagine that they are in front of you. You will give them your *loving kindness*.

After that, you'll focus on someone in your life who is neutral. You don't like them or dislike them. You really don't know them well. For example, think about someone who works in the Co-op or the cafeteria. You know them, but not very well.

Finally, you'll focus on someone you have difficulty with. Maybe someone you argue with. Maybe someone you don't like. Even though you are not good friends, you can still wish good things for them.

Now that you understand the idea of *loving kindness meditation*, let's try it. The video will last about 12 minutes. As you listen, remember to repeat the words silently. If you have other thoughts, that is OK. Just come back to the words. Enjoy the pleasant feeling in your mind and heart.

May you be well.
May you be happy.
May you be peaceful.
May you be loved.

Vocabulary check:

cell – 細胞
focus – 集中させる
freely flow – 自由に流れる
meditation – 瞑想
radiate – 放散する or 放つ
visualize – 視覚化する

video link: <http://tinyurl.com/LKindmed>
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