

Reaching Out With Kindness

Add the attitude of *mettā*, loving kindness, to this practice. Like a self healing – the hands healing the body. And if we wish, when we go outside, we can turn the hands outwards – spreading *mettā*.

It's a kind of extension of the hearts awareness. Very different from the mind that goes out into something and loses the source. Instead it's an extension of the source into the world.

Not losing the source, the mind is not depleted. Reaching out with kindness, it is energised and grows bigger.



I offer this for your reflection.

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