

# Innate Goodness Meditation

1. Please come to a comfortable sitting position. Take some moments to relax in any areas of obvious tension in your body.
2. If you wish, you can close your eyes.
3. Deepen your presence now as you rest with the movement of the breath or with the sensations in your body as your primary anchor.
4. As the mind thinks, gently and firmly return the attention back to your primary anchor.
5. Now, let yourself picture in your mind someone you care about. Someone who is easy to love.
6. Bring the image and sense of this person close in so you can visualize how they look at you when they're being affectionate. Imagine a sparkle in their eyes as they are being happy or excited. Sense their aliveness.
7. Notice the qualities of this persona that you most deeply appreciate. Is their way of showing love? Their brightness? Their playfulness? As you sense these expressions of their innate goodness, imagine sharing your appreciation of what you see with them and how they would feel in receiving this expression of your love and appreciation.
8. Now imagine that they're gazing back at you, seeing the qualities of goodness that they most love about you. What are they seeing?
9. Note what qualities of your original goodness you most appreciate. Perhaps it's your honesty? Your love of the natural world? Your humor? Your generosity? Your kindness?
10. If it's difficult to find qualities you appreciate in yourself, you might picture your happiest moments as a child and sense your original innocence. Just as the eyes of a trusted dear one can see your goodness, put your hand on your heart and hold your best self with deep appreciation and love.

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11. Now, picture a few other loved ones, one at a time, and tune into their goodness. You might've tuned to qualities you appreciate in their current selves. Or if the person brings up more complex feelings, imagine him or her as a child, happy and at ease.
12. With each person, be a mirror of goodness. Imagine sharing your appreciation of their goodness with them and how they would feel in receiving this expression of your love.
13. Now, imagine moving mindfully through your day with the intent to pause and see and honor the secret goodness of all those you meet. To move through the world like this is a way of living love. It's one of the greatest gifts we can offer to one another.
14. For this last minute or so of the sitting, we'll return to the core central practice of mindfulness and kind attention. Sensing your breath or body sensations in the foreground, allowing any feelings or thoughts to be received with loving awareness.

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