



MINDFULNESS IN ARABIC (MIA) FOR REFUGEES AND DISPLACED PEOPLES

## A Guided Loving-Kindness Meditation

### MiA Week 1

Narrator:

*This guided Mindfulness meditation in Arabic was recorded with the support of our international friends.*

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[www.mindfulnessinarabic.org](http://www.mindfulnessinarabic.org). Thank you.*

*And now for the meditation:*

Facilitator:

We all have feelings of compassion and tenderness in our hearts. Cultivating these feelings begins with us. This meditation will help us reconnect with them.

This meditation is meant to help us develop gentleness towards ourselves and then towards our dear ones and those surrounding us.

As we said before, when we have stress and uncertainty in our lives and our bodies we often forget the gentle qualities which we need, for ourselves and our relationships, as much as we need fresh water in our lives.

Sometimes it can be challenging to bring gentleness and compassion to ourselves.

This practice will help us open that door.

Just like we prepare the soil to receive seeds and support their growth, so we will prepare the personal ground within us, in caring, so that seeds of gentleness and relaxation can bud in it.

This cultivation requires patience, attention and practice. We sow the seeds but we can't and don't want to force anything.

In the following practice we will bring to mind people dear to us and the ability to bless them and ourselves.

*Let's find a good place to sit, on a chair or a cushion or on the ground. A relatively quiet place and allow about 10 minutes so we can focus on the practice.*

Notice your body's points of contact with the ground, the chair, the carpet, or the floor. Notice the contact between your hands and your legs.

Feel the support of the earth, the gravity pulling you towards it, and the strength it gives your back to rise up with dignity.

Now we will take three deep breaths in and three long breaths out and turn our attention inward.

Let's go back in our memories with our inner eyes to a person, a man, woman, an animal, or a place, that made us feel loved, appreciated, or cared for.

You might bring up the memory of one meaningful person but your feelings quickly might change to sadness. If this happens, for now, let's let go of that person memory and find a different benevolent person or place that we can hold in our memories with friendly curiosity for a few moments and feel the goodness of the place or encounter. We will go back to the first person another time.

Let's notice what is it about the encounter, the energy, the place we chose, that gave us that feeling of being loved, valued and cared for. What fills us when we remember them? And what is the pleasant feeling itself? Is it warm or cold, heavy or light? Where and how do we feel it in our bodies?

In this atmosphere, when we are feeling this sensation in our bodies, let's open our hearts to ourselves. Let us remember as best as we can the feelings of happiness, maybe an easing of suffering, or the appreciation we felt then,

And without forcing it let's repeat these statements to ourselves:

*(Please take a breath at the end of each segment and let these blessings reverberate in your body, your breathing and your heart.)*

May I be protected and safe from external and internal dangers.

May I be liberated from suffering and the roots of suffering.

May I be liberated and full of joy and seeds of joy.

May I accept myself as I am.

*(Breath)*

Now imagine a person, a man, a woman, a boy, a girl, maybe an entity, that you love and cherish. See if you can imagine for a moment that they are in front of you, and see if you can invite in the feeling that your heart is open and gentle towards that man or woman or entity.

And now I invite you to repeat the previous sentences we said and now we are going to offer them for that person you have chosen:

May you be protected and safe from external and internal dangers.

May you be liberated from suffering and the roots of suffering.

May you be liberated and full of joy and seeds of joy.

May you accept yourself as you are.

*(Breath)*

We will try one more stage of the practice before we go back to making wishes for ourselves.

We will try to summon a neutral figure or someone to whom you are indifferent. You don't love them or hate them. Maybe you don't know them well enough. Maybe it is a man, woman, boy or girl that you met on the street or at the store, or a neighbor, for whom you do not have strong feelings. Neither negative nor positive.

Imagine they are standing in front of you and then direct the wishes to them:

May you be protected and safe from external and internal dangers.

May you be liberated from suffering and the root of suffering

May you be liberated and full of joy and seeds of joy.

May you accept yourself as you are.

*(Breath)*

Again let us direct our attention to the breath and what we feel in our bodies right now. Is there tension or relief, heat or cold, or what emotions came up after those statements? Maybe thoughts countering those wishes came up, maybe fear or criticism. It is all okay.

Sometimes this practice is not easy, even if we understand the need for it. Sometimes it is not easy to make wishes even for people we cherish. Especially when we do not have the faith that we have a source of power, abundance, or simple quiet inside us.

And then maybe some of us felt feelings of lightness, freedom, warmth or relaxation.

And now let us repeat the blessings and affirmations for ourselves. - It is important to end with wishes to ourselves.

Let us one more time give ourselves love with an open heart, with generosity and gentleness.

Imagine yourself standing or sitting in front of you and wish onto yourself:

May I be protected and safe from external and internal dangers.

May I be liberated from suffering and the roots of suffering.

May I be liberated and full of joy and seeds of joy.

May I accept myself as I am at this moment.

*(Breath)*

Stop for a minute, kindly notice your breath after these, is it deep or shallow, short or long, and invite your awareness to remember how this process feels right now, your body posture, your sensations, just now. Simply breathing, in and out.

*(Pause)*

Take three deep breaths in and three long breaths out. And now.... *[bell sounds]*... This meditation is over. Thank you for your patience and persistence

Studies have shown that if you repeat this meditation every day it can give you a greater sense of security in the world.

We will expand this meditation in the coming weeks.