



# Awakening the Kind Heart: How to Meditate on Compassion

*Kathleen McDonald*

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Everyone appreciates kindness. A smile, a few friendly words, a show of concern when we're troubled or feeling unwell, an offer of help - gestures of kindness like these brighten our day and ease whatever sadness we may feel in our hearts. Feeling that "someone cares" fulfills a very deep need that we all have. And just as we appreciate other people being kind to us, others appreciate it when we are kind to them. That is why it is important to learn to be kind, because it will help make our relationships and interactions with others more satisfying and less problematic.

But it's not always easy to be kind. Sometimes our hearts are filled with anger, jealousy, or pride, and being kind is the last thing we feel like doing. Or we get so caught up in our work and responsibilities that we find no time to think of others and their needs, no time to be kind and gentle. However, these problems can be remedied. The Buddhist tradition offers a wealth of methods that can be used to overcome whatever prevents us from being kind and gentle.

Some of these methods are explored and explained in this book - in a way that will allow you to practice them in your daily life. *Awakening the Kind Heart* offers powerful and inviting meditation techniques to activate the heart of kindness within us all - a modern and motivating interpretation of traditional and powerful practices.



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