

# Shinzen Young ~ Guided Compassion and Healing Meditation

00:00:00 Something has happened, it reached out, and it's hurt many people.

00:00:17 In connecting with that, we connect with the enormous web of similar things that have been

00:00:33 happening for tens of thousands of years all over the planet.

00:00:42 This immense pool of poison and pain of humans hurt by other humans.

00:00:56 We can connect to that.

00:01:00 We have that within us.

00:01:05 There's a place inside that's so far in that it's out in each one of us.

00:01:17 You can call it boundless consciousness.

00:01:26 Connecting with that place, we can see, as the Buddha did in his night of enlightenment,

00:01:38 the vast net of hurt.

00:01:46 We can see the causes.

00:01:49 We can see the effects.

00:01:53 And we can feel compassion for the victims, compassion for

00:02:06 the perpetrators, compassion for ourselves.

00:02:26 End

00:02:56 And not only can we feel this, but it can be a source of empowerment to motivate us

00:03:25 to do even more in whatever way we can for this healing of the world.

00:03:55 Amen.

00:03:56 Amen.

00:03:57 Amen.