

Care Group Talk and Guided Meditation 3:
Listening to ourselves and being our own therapist as we work with our Grief and Loss

Once again, because it will still be a couple more weeks or so, before we can open our BSWA Buddhist Care Listening Service, we come to this guided meditation with a view to be our own personal carer. We can practice being our own listeners, to attend to and listen carefully and lovingly to ourselves. In this guided meditation we are going to focus on Loss and Grief.

Loss & Grief circumstances

Old age, sickness & Death, Loss of relationship, Loss of finances, Loss of security, Loss of status, Loss of a Pet, Loss of face, Change of circumstance – Immigration --- Loss of Work --- Loss of identity --- and of course COVID-19.

As discussed in the first two guided meditations, Loss and Grief, like all trauma's and troubles can be objectified and looked at with perspective. As always, the purpose of meditation is to relax and make yourself still. When it is so, we can know that the spaciousness, the emptiness and stillness we feel and observe is nothing but pure unadulterated consciousness. It is resounding in our minds continuously. We can all know this for ourselves, if only we can develop the where-with-all to stop, relax and be mindful of it. The still consciousness is the gateway to enlightenment. It is an indication that we are present and when it is present in our minds with what we are doing in the apparent world, it signals that we are close to truth and the beauty of reality. We are not totally lost inside our ego. In these moments we are one with the Universe. We will look at all this again in the guided meditation soon.

Quotes from The Tibetan Book of Living and Dying that are relevant for Buddhists:

- *“What is born will die, what has been gathered will be dispersed, what has been accumulated will be exhausted, what has been built up will collapse and what has been high will be brought low.”*
- *“This world can seem marvellously convincing until death collapses the illusion and evicts us from our hiding place.” We are victims of the fickleness of our mind and the belief in its movement and nothing could be further from the truth”. “But in a world dedicated to distraction, silence and stillness terrify us; we protect ourselves from them with noise and frantic busyness. Looking into the nature of our mind is the last thing we would dare to do”.*

Bringing the trauma of Loss and Grief into our mind and objectifying it allows the still consciousness to penetrate. As we relax and allow wisdom to develop, we start to see that it is all nothing more than movement, perception and feeling aggregating and fusing into our physicality that we grasp on to. With time and meditation practice, we learn how to see past and through our habitual nature, a habitual nature that is creating and fusing our lives and who we think we are into place. Such are the vagaries and mysteries of consciousnesses. We can learn how to become free from it all.

Once again, the Buddha's Four Noble Truths can be there as our guide.

1. To know and understand that all conditioning is Dukkha. (Suffering)
2. To know and understand that conditioning is born, it has a beginning,
3. To know and understand anything and everything born from conditions will end.
4. To know and understand how to use the Noble Eight-Fold Path to bring about freedom.

We will take all of this wisdom and knowledge into this guided meditation.

We can all be our own Buddhist Carer and listen to ourselves, attend to ourselves, and care lovingly for ourselves in a careful and mindful way. May all beings be happy and well.