

Steve Carlson ([00:17](#)):

Welcome to our second in a series of four podcasts. Each week, we will focus on a different quality of worker wellness that might strengthen you as you support caregivers in the grips of addiction and or mental illness. Today, we will ground ourselves in what is called Satyagraha the Sanskrit word for holding onto truth. This meditation will support your ability to kindly, but assertively respond to another's anger with understanding and compassion without sugarcoating what is actually happening in their lives. As we begin, today's meditation, settle yourself into a comfortable position, whether you're standing or sitting. If you are driving, please be mindful of the road and your safety, as well as the safety of others. Wherever you are begin by taking in a deep breath. If you are able allow your arms to rest comfortably at your sides, you can either close your eyes or soften your gaze

Steve Carlson ([01:23](#)):

as you center yourself by simply paying attention to your breath. As you inhale relaxation and exhale, any tension, you might notice that your breathing actually slows down. The simple act of being present to your breath, engages your sarah sympathetic nervous system, restoring a calm and composed state. This quality of consciousness and sense of presence is a manifestation of your true nature. While being grounded in this quiet consciousness and being present to your breath, bring to mind an experience you have had recently, or in the distant past, when you felt completely accepted and loved. A time when you were free to fully be yourself. Who are you with? Are you with a family member, a dear friend, a companion with someone who accepted you so much that you could say just what was on your mind and heart without needing to censor it. With this image and experience in your mind. What are you feeling right now? Likely you are feeling warm all over grateful and perhaps even joyful. Open yourself up to this feeling. Let yourself rest in this memory and experience of deep kindness and love.

Steve Carlson ([02:54](#)):

We start this loving kindness meditation by first, extending this acceptance and love yourself for if we do not begin with nurturing ourselves, we will not be able to move on to expressing loving kindness to others. Continue to focus on your breath while holding on to the image and feeling of being loved just as you are. With loving kindness to yourself, allow each of these phrases to sink into your heart and mind as I say them. May I be free from inner and outer harm and danger. May I be safe and protected. May I be free of mental suffering or distress. May I be happy. May I be healthy and strong. May I be present to what is happening in me and around me in each moment with awareness, peace and acceptance.

Steve Carlson ([04:01](#)):

Now bring to mind a person who most invites a feeling of loving kindness in you and repeat the phrases for this person. May they be free from inner and outer harm and danger. May they be safe and protected. May they be free of mental suffering or distress. May they be happy. May they be healthy and strong. May they be present to what is happening in them and around them in each moment with awareness, peace and acceptance. Next, move your awareness to a neutral person. Someone for whom you feel neither strong, like nor dislike. As you repeat the phrases, allow yourself to feel tenderness and loving care for their welfare.

Steve Carlson ([05:07](#)):

May they be free from inner and outer harm and danger. May they be safe and protected. May they be free of mental suffering or distress. May they be happy. May they be healthy and strong. May they be present to what is happening in them and around them in each moment with awareness, peace and acceptance. Now repeat the phrases for someone you have difficulty with even hostile feelings towards or languishing resentments. You may choose a client that is seriously struggling in life. Someone who is not protecting their children, or even actively harming them. If you have difficulty doing this, you can say before the phrases to the best of my ability, I wish that you'd be, and then I'll say the phrase. If you begin to feel ill will toward this person, return to the person and feel the most safe and secure with and let loving kindness arise again. Then return to this person.

Steve Carlson ([06:30](#)):

May they be free from inner and outer harm and danger. May they be safe and protected. May they be free of mental suffering or distress to the best of my ability I wish that they be happy. May they be healthy and strong. May they be present to what is happening in them and around them in each moment with awareness, peace and acceptance. Finally extend, loving kindness out to all beings. May all beings be safe, happy, healthy, and live joyously. May all living beings be healed and whole content and fulfilled. May all individuals have whatever they need. May all beings in existence have safety, happiness, health, joy, and peace. Abide in silence for a few minutes longer taking in more breaths and exhaling, allowing the quiet to pervade your inner self. If you would like this and have the time, take a few minutes to journal about your experience. Namaste.

New Speaker ([08:14](#)):

This podcast was supported in part by a grant from the Minnesota department of human services, children and family services division.