



**True kindness comes from the same spiritual level that is responsible for all of creation. Creation, according to Kabbalah, is filled with God's kindness...The world is filled with kindness, things that bring us back to God, which is part of the repair of this world...We're talking about profound, non-dual, unsentimental kindness now—we're not talking about niceness.**

— Jason Shulman, Spiritual Healer, quoted in *Healing Spirits: True Stories from 14 Spiritual Healers*

## **What is loving-kindness?**

Loving-kindness is a perspective, a place from which we can relate to all of life. It is a perspective of unity. When you truly stand in loving-kindness and look out upon the world, what you see is All That Is; from the perspective of loving-kindness, the boundaries of separateness dissolve, leaving only unity.

## **What blocks loving-kindness?**

Thoughts and beliefs that have to do with judgment, duality, loss and lack tend to block our ability to stand in a place of loving-kindness. For example, "either-or" thinking ("Either I get what I need or he gets what he needs; one of us has to give in") and scarcity thinking ("There's not enough" or "I'm not enough"). One of the most insidious blocks is the ego, which by its very nature strives to separate itself from others—"I/me" vs. "you/them"; this can show up as judgment, pity, shame or blame.

## **What promotes loving-kindness?**

The obvious answer is that connecting with Source promotes loving-kindness. When your needs are met by Source directly, you are free to come from a place of loving-kindness, instead of going out into the world "me first". Forgiveness also makes loving-kindness more accessible.

## **Instructions**

The object of this exercise is to establish a starting point and identify opportunities for growth. Read the following statements carefully and check the box in the column that best matches your response to each statement. If a statement does not feel aligned with your personal worldview, feel free to edit it. For each statement, jot down an example of how you do (or do not) tend to act or be about courage in that area.

## **Next Steps**

At the end of the exercise there are some questions (the kind of questions that a coach might ask!) to help you integrate your learning. **If you would like to explore this further, call SpiritSpring today for a free consultation or to sign up for an action group or one-on-one coaching.**



| HOW IS LOVING-KINDNESS CURRENTLY BEING DEMONSTRATED IN YOUR LIFE?                                      | Seldom True              | Some-times True          | Often True               |
|--|--------------------------|--------------------------|--------------------------|
| 1) I am inspired by and through loving-kindness.<br>Example:   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2) I readily seek to forgive and to be forgiven; I do not trade in blame and shame.<br>Example:        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3) I listen with an open heart.<br>Example:  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4) I know when I am being loving and when I am projecting judgment (positive or negative).<br>Example: | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5) I am gentle and tender with all hearts, including my own.<br>Example:                               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6) My heart overflows with peace and love.<br>Example:   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7) I let go of arrogance and indifference in favor of humbleness and respect.<br>Example:              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8) I intuitively know when I am coming from ego and when I am coming from my heart.<br>Example:        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9) I am in good-hearted relationship with others.<br>Example:  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10) I see the face of Spirit in every face I see.<br>Example:  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



- 1. Describe a current situation in your life where loving-kindness is present:**
  
  
  
  
  
  
  
  
  
  
- 2. What's at stake in that situation or relationship? What could you gain or lose?**
  
  
  
  
  
  
  
  
  
  
- 3. Describe a current situation where there is duality, lack or fear of loss.**
  
  
  
  
  
  
  
  
  
  
- 4. What's at stake in that situation? What could you gain or lose?**
  
  
  
  
  
  
  
  
  
  
- 5. What needs to happen in that second situation so that you are free to come from a place of loving-kindness?**