

The Sacred Art of Lovingkindness

DISCUSSION QUESTIONS

- What is the earliest experience of loving kindness you can remember? Why does it stay with you?
- What loving kindness did you experience from others yesterday? What act of loving kindness did you do yesterday?
- If you were to do one act of loving kindness for yourself, what would it be? What keeps you from doing it?
- If you were to do one act of loving kindness for a person with whom you are struggling, what would it be? What keeps you from doing it?
- What teachings of loving kindness do you receive from your religious or spiritual community?
- In what way does the religion of your birth foster loving kindness? In what way does it foster fear and callousness?