



**Coalesce Podcast**

**Episode 043 – A Nonviolent Reformation**

**Note, terms, scripture, practice**



[Galatians 6:15](#)

Dom Helder Camara (1909-1999), Brazilian archbishop from 1964-1985

*The best criticism of the bad is the practice of the better.*

[Mark 1:23](#)

[2 Corinthians 11:15](#)

Lucifer means “Light Bearer”

*ahimsa*—not doing harm

*Satyagraha* combines the Sanskrit word *sat*—that which is, being, or truth—with *graha*—holding firm to or remaining steadfast in. It is often translated as “truth force” or “soul force.”

## **Practice: Loving Kindness**

We all need to practice being kind, particularly to ourselves. It is only when we first reconnect with the infinite love that is our ground of being that we can extend that love to others through nonviolent actions. When we remember that we *are* love, we can truly wish even our enemies well. The Buddhist practice of *metta*, loving kindness, is a wonderful way to grow kindness for yourself and for others.

Begin by sitting in silence and finding the place of loving kindness within you. Then speak the following statements aloud:

*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 free of physical pain and suffering.*

*May I be healthy and strong.*

*May I be able to live in this world happily, peacefully, joyfully, with ease. [1]*

Repeat these affirmations as many times as you wish. When you are ready, replace the “I” in each statement with someone else’s name. You might follow the sequence from the *maitri* (another word for loving kindness) practice I introduced a few weeks ago, gradually widening the flow of love to include: a beloved, a friend, an acquaintance, someone who has hurt you, and finally the whole universe.