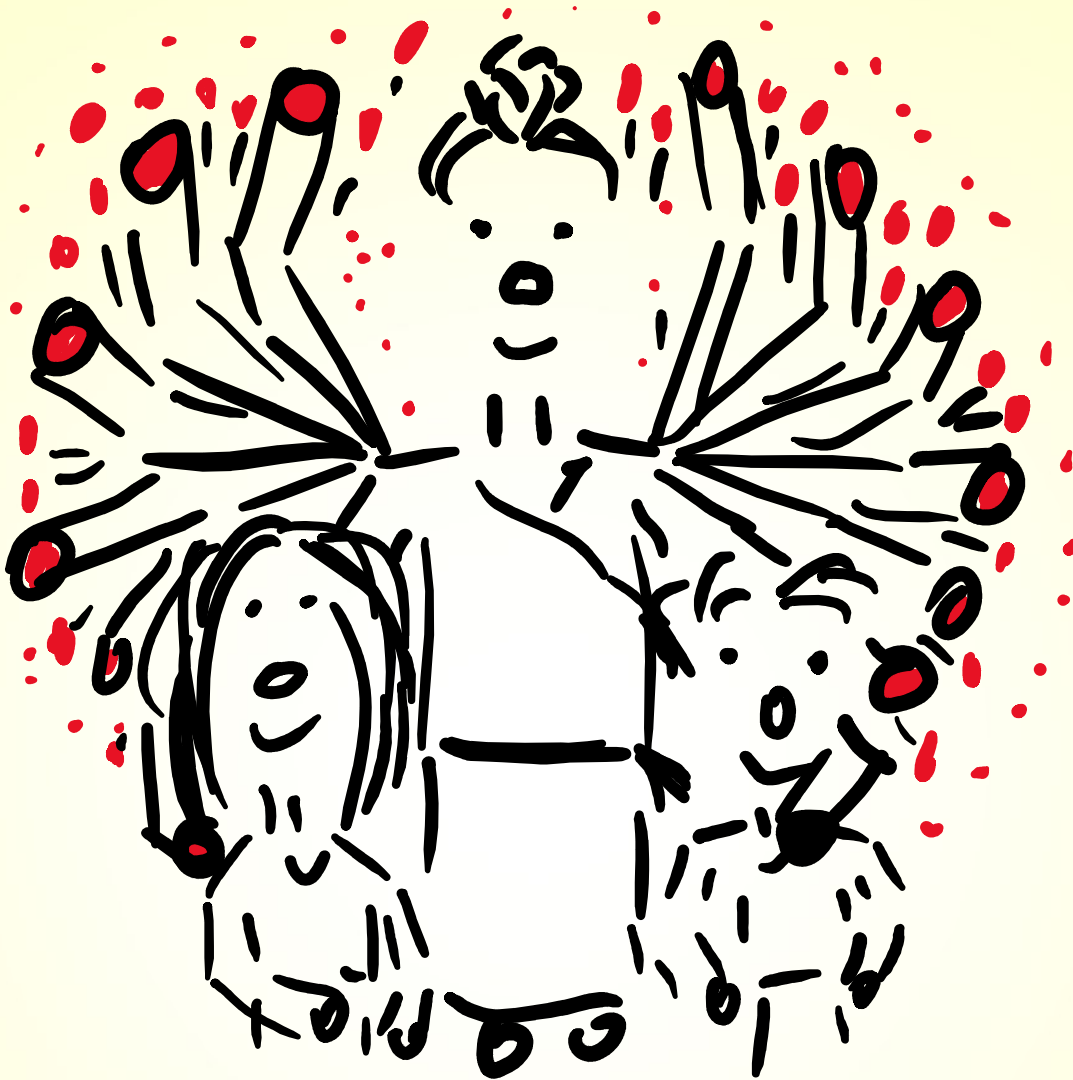


Open embracing Awareness



With countless arms you can
friendly embrace everybody and
everything in your awareness
including yourself. Proceed until
the whole world is embraced.

Open embracing Awareness

Recognize the whole field of your actual awareness, what you see, hear, smell, taste and feel right now inside and around you. Embrace every single being and object with one of your countless arms in a kind, friendly and compassionate way. You are like a perfect mother, who embraces all her various children without any discrimination. You become one with all of them and all of it. Your right brain-hemisphere and left eye, ear and hand are experts in this, but you can also include all right arms. It works best, while your breath is mainly using the left nostril (changes all 20 minutes).

Nice Videos: [Loving Kindness](#)