

Open Circle Mindfulness Raleigh
REVIEW, REFLECT & PRACTICE

Session 63, July 16, 2026

<https://www.opencirclemindfulnessraleigh.org/review-reflect-practice>



Exploring Different Access Points, Distractions & Difficulties

REVIEW

Exploring Different Access Points to our Innate Loving Qualities

- The purpose of Field of Care meditation is to access loving qualities from the depth of our awareness--qualities such as kindness, peace, safety, acceptance, restfulness, joyfulness, tenderness, clarity, being known in our deep worth.
- There are a variety of options to explore to find the most effective way to evoke these qualities in our field of care meditation by re-inhabiting a caring moment with another being, or by bringing to mind a benefactor or spiritual field.
- Some people find reliving a caring moment with another being to be a more immediate, accessible, and connecting way to access loving energies and qualities. Others feel it to be more powerful when they

bring to mind a benefactor or spiritual field that they feel holds our world in love and compassion.

- Please practice alternative ways, so you can find what is most effective for you.
- Also, try to let the feeling of the meditation continue to resonate within you even after the meditation time is over.

REFLECTION

- As you repeat field of care meditations over time, which points of access seem to be most effective for you to evoke a sense of being supported and held in unconditional love and care?

Distractions

- Some people say meditation is difficult because their mind constantly wanders. This is normal. Recognizing when distractions arise is helpful. The power of love that we evoke in the field of care meditation within us is always calling us back to it, and we can let it draw us back when we get distracted.
- Even when our mind is wandering or confused or an attachment script is activated (such as a sense of self that doubts or dismisses the love), we may still experience compassionate qualities of care and understanding.

REFLECTION

Has this been true for you? When you practiced Field of Care Meditation, have you connected with loving qualities in your heart, even though you have gotten distracted from time to time?

Difficulties in Meditation

- Repeated practice over time gives us greater ease of connection to the loving qualities in the depths of our awareness from which to become present with others in deep care and connection.
- Often reactions to the meditation arise in step 2—the step where we are steeping in the loving qualities evoked by the field of care.

- A train of thought or feeling may have taken your attention away from the loving qualities. If so, we can take a moment to notice the feeling. Perhaps an old “attachment script” may have arisen.
- According to attachment theory, our early experiences with caregivers shape internal “attachment scripts”—deep expectations about how love and care work. If we grew up with consistent, nurturing care, we might carry a script like, *“When I need support, someone will be there.”*
- But if love was unpredictable or absent, we may internalize scripts like, *“I have to handle things alone.” “Love always comes with strings attached.” “I’m unworthy of love.” “No one cares about me.” “People just pretend to care; if they really knew me.” “The world isn’t safe: people always leave me.”*
- These scripts have helped us survive emotionally when we were young, but they can make us feel deeply vulnerable or even unsafe to receive love later in life—especially love that is steady, unconditional, or freely given.
- So, as we are doing our field of care meditation, we may notice these negative attachment scripts arising as a way of protecting us from vulnerability.
- We can then include the protective parts of self and the associated reactions and feelings in our field of care. We become a healing environment for them of spacious warmth, acceptance, and love. This allows the patterns and feelings to start to settle, metabolize, and heal.
- The three basic principles of receptive mode meditation are:
 - **Access** the innate loving qualities.
 - **Notice** any parts of yourself that seem to be getting in the way.
 - **Include** those parts in the unconditional acceptance of your field of care.

REFLECTION

- Have you noticed any difficulties when practicing Field of Care Meditation--parts of self that seem to be getting in the way, trying to protect you, or voicing self-defeating attachment scripts? Notice them and any associated feelings with the intention to include them in an accepting way in the loving and healing environment of your field of care, like a friend gently listening to a friend, so they can settle and heal.

PRACTICE:

Practice daily one of the following SCT meditations. Recordings are found at <https://sustainablecompassion.org/audio/> or <https://www.shambhala.com/howcompassionworksmeditations/>

- [Field of care meditation](#)
- [Becoming more deeply receptive to love and compassion](#)
- [Compassionate presence to feelings](#)
- [Taking our own layers of suffering into compassion](#)

*****If you are new to Sustainable Compassion Training (SCT) read the following article and listen to these two audio recordings by Paul Condon.

- *Tapping into Our Basic Goodness: How meditation can strengthen our innate capacities for compassion and wisdom* Lama John Makransky in conversation with James Shaheen and Sharon Salzberg
<https://tricycle.org/author/lamajohnmakransky/>
- [Intro to field of care](#) (5 minutes long)
- [Field of care meditation](#) (12 minutes long) Repeat daily.

For more information and notes from past meditation sessions, please visit the **Open Circle Mindfulness Raleigh** website:
<https://www.opencirclemindfulnessraleigh.org>