

COMPASSION FOR SELF AND OTHERS

- Please sit in a comfortable position, close your eyes, and take three, deep, relaxing breaths.
- Open your awareness to the sounds in your environment. Coming into the present moment by simply listening to whatever presents itself to your ears
- Finding your body in the room and noting your posture as if you were seeing yourself from the outside.
- Next, bringing your awareness *inside* your body. Noting the world of sensation occurring there in this very moment—sitting in the midst of the pulsation and vibration of your body—just as you sat in the midst of sound.
- To strengthen the intention of bringing loving-kindness to your awareness, putting a hand over your heart or elsewhere and feeling the warmth and gentle touch of your hand.
- Beginning to offer yourself a breath, a smile, or a phrase like the following one that reflects a deep wish you may have for yourself:

May I be happy and free from suffering

- When you are ready, allowing yourself to be aware of any people or other living beings that enter your mind. When someone appears, sending something good, perhaps a breath, a smile or the words:

May you be happy and free from suffering

- Lingering with this being, and offering good wishes as long as you like, and then wait for the next one to appear in your mind. Take your time.
- And returning to yourself at anytime, especially if you need to anchor your awareness in your own body, or if you need to comfort yourself.
- Now letting go of the meditation and allowing yourself to be exactly as you are in this moment.
- Gently opening your eyes.

