COMPASSION MEDITATION

wholeness takes practice

Compassion Meditation

May I be filled with loving kindness and compassion
May I be well
May I be peaceful and at ease
May I be happy
May no harm come to me. May no difficulties come to me. May I always meet with success.
And may I be given the patience, courage, understanding, and determination to meet the inevitable difficulties, problems, and failures that are sure to come to me in my life.
May you be filled with loving kindness and compassion
May you be well
May you be peaceful and at ease
May you be happy
May no harm come to you. May no difficulties come to you. May you always meet with success.
And may you be given the patience, courage, understanding, and determination to meet the inevitable difficulties, problems, and failures that are sure to come to you in your life.

Compassion for others

Be Still: Spend a few moments in a meditation that helps you center and become mindful and relaxed.

Read the intentions for yourself: Read over the first set of intentions for yourself. Attend to the words and phrases and notice any resistance you have.

Linger: Give yourself some time to repeat the phrases and try to authentically wish yourself well.

Read the intentions for someone you love, for you friends, and family:

Read over the first set of intentions for your loved ones. Attend to the words and phrases and notice any resistance you have.

Read the intentions for others, even those you might have resentment, anger or unresolved negative emotions.

Read over the first set of intentions for your those with which you have strained relationships. Attend to the words and phrases and notice any resistance you have.