



## Practicing Compassion and Kindness

Begin by sitting or lying in a comfortable position. Allowing the eyes to close gently or to gaze softly downward. Notice your breath as it moves in and out of the body. As you focus on the breath, allow the muscles of the body to relax. Softening, being supported by the chair or the floor.

And then turning your attention to yourself, holding your own self with kindness and compassion. You may visualize yourself almost as though you were standing, sitting, or lying in front of you, or you may simply have a feeling. Holding yourself with kindness repeating the phrase: may I be happy, may I be healthy, may I be peaceful and safe. May I be happy. May I be healthy. May I be peaceful. May I be safe. May I know happiness. May I be healthy in body and mind. May I be filled with peace. May I be safe.

Turning your attention now to someone who has loved and supported you, someone you feel thankful for and cared for. As you bring this person to mind, surrounding them with compassion and kindness and repeating the phrases inside: may you be happy, may you be healthy, may you be peaceful and safe. May you be happy. May you be healthy in mind, body, and spirit. May you be filled with peace. May you be safe. May you be happy, healthy, peaceful, and safe.

And gently allowing thoughts of this person to go, bring to mind a neutral person. Perhaps its the grocery store clerk or someone you don't know well. As you bring this person to mind, surrounding them with kindness and compassion: may you be happy, may you be healthy, may you be peaceful and safe. May you know great happiness. May you be healthy in mind and body. May you be filled with peace. May you be safe. May you be happy, healthy, peaceful, and safe.

And releasing thoughts of this person, bring to mind a difficult person for you. Perhaps a challenging person, someone with whom you may be experiencing struggle. Knowing that this person too, needs kindness and compassion. And as you bring them to mind, repeating the phrases: may you be happy, may you be healthy, may you be peaceful and safe. May you too know happiness. May you be healthy in mind and body. May you be peaceful. May you be safe. May you be happy, healthy, peaceful, and safe.



Allowing thoughts of this person to fade, opening the heart to all beings everywhere. Knowing that all beings are in need of kindness and compassion. May all beings everywhere be happy. May all beings be healthy. May all beings be peaceful. May all beings be safe. May all beings know happiness. May they be healthy in mind, body, and spirit. May all beings be peace filled. May they be safe. May all beings be happy, healthy, peaceful, and safe.

As you are ready, deepening the breath. Allowing the sensations of the body, the sounds of the room, to be present with you. Wiggling the fingers and toes and opening the eyes as you are ready.