

Compassionate meditation (others)

Compassion is not always easily achieved. We are not always in the mindset for it and that is ok. This can be especially true when someone has been challenging. Anger or negative feelings can be normal but might be causing you more distress than they are helping. Meditation and imagery can help by letting meditation release us from our current mindset and imagery can stimulate another. If you are in a place where compassion is hard try the following-

Begin with a soothing breathing exercise. Breathe in through the nose and out through the mouth at a pace that feels right until you are relaxed.

Then close your eyes and picture the person in as much detail as possible. Say the following and allow your mind to give whatever imagery comes.

"May you be safe and well
May you be happy.
May you be free of suffering."

Reflect on the imagery and think of the person and the situation in the most compassionate way possible. This can be repeated as much as is necessary. It is ok to need practice, compassion is a skill. Keep trying. When it is hard remember the primary purpose is not about freeing the other person from responsibility for what they did, is about releasing you from extra suffering.