

# The Practice of Compassion

## Reflections on Compassion

What blocks your compassion?

## Phrases for Compassion Practice (for self and others)

Start with a person who is very close to you. Then turn your compassionate heart to yourself, then to another person that you know (a friend, neighbor), then to a neutral person (someone you see often but don't really know), next to a difficult person (best to start with someone who is only a little difficult), and finally to all beings.

May I/you be free of your pain and sorrow.

May I/you find peace.

May I hold my \_\_\_\_\_ with compassion.

(pain, sorrow, sadness, fear, loss, illness, anger)

May you be held in compassion.

May your suffering come to an end.

May you have ease in your difficulty.

May your \_\_\_\_\_ be eased.

I care.

## Tonglin Practice

Turning your compassionate heart to yourself and the measures of sorrow you carry.

Bring to mind a particular difficulty or sorrow in your life. As ready, breathe it in. As you breathe in this difficulty, you may wish to visualize a color/texture for this difficulty, e.g., dark color or rough texture. Let your sorrow touch your heart and turn to compassion.

With each out-breath, breathe out compassion. You may wish to visualize the compassion that you breathe out as a different color/texture to represent compassion.

Continue to repeat this. Breathing in the difficulty and breathing out compassion. Using the visualization of color or texture.