

Compassion Meditation Script

00:00

Settling:

Welcome. We will soon begin the compassion meditation session.
Please settle into a comfortable position and allow yourself to relax.

Take a deep breath and release. (*2 seconds*) For a few moments, just focus on your breath and clear your mind of worries. Notice when you are breathing in (*breathe in*)... and breathing out (*breathe out*)... Let yourself experience and be aware of the sensations of breathing. (*10 seconds*).

Definition:

Compassion is a mind free from hatred. When there are no negative emotions in our minds, then we are automatically at peace. Compassion is the wish that others not suffer, as well as having the urge to *help end* the suffering of others. Cultivating compassion is a source of peace and harmony in the heart and mind.

1:00

Loving kindness & compassion for a loved one:

Picture someone who is close to you, someone that you feel a great amount of love towards. Notice how this love feels in your heart... (*Pauses between each question*)
Notice the sensations around your heart... Perhaps you feel a sensation of warmth, openness, and tenderness... (*10 seconds*)

Continue breathing, and focus on these feelings as you visualize your loved one. As you breathe out, imagine that you are extending a golden light that holds your warm feelings from the center of your heart. Imagine that the golden light reaches out to your loved one, bringing him or her peace and happiness. At the same time, silently recite these phrases.

“May you have happiness.
May you be free from suffering.
May you experience joy and ease.”

“May you have happiness.
May you be free from suffering.
May you experience joy and ease.”

(*30 seconds*)

Continue to silently recite,
“May you have happiness.
May you be free from suffering.
May you experience joy and ease.”

(30 seconds)

As you silently repeat these phrases, remember to extend the golden light to your loved one from your heart. Feel with all your heart that you wish your loved one happiness and freedom from suffering.

3:00

Compassion for a loved one:

Now think of a time when this person was suffering. Maybe they experienced an illness, an injury, or a difficult time in a relationship... *(15 seconds)* Notice how you feel when you think of his or her suffering... *(Pauses between each question)* How does your heart feel? ... Do the sensations change?... Do you continue to feel warmth, openness and tenderness?... Are there other sensations, perhaps an aching sensation? *(10 seconds)*

Continue to visualize your loved one as you breathe. Imagine that you are extending the golden light from your heart to your loved one, and that the golden light is easing his or her suffering. Extend this light out to them during your exhalation, with the strong heartfelt wish that they be free from his or her suffering. Recite silently to him or her:

“May you be free from this suffering...
May you have joy and happiness”

(30 seconds)

“May you be free from this suffering...
May you have joy and happiness”

(30 seconds)

“May you be free from this suffering...
May you have joy and happiness”

(1 minute)

Notice how this feels in your heart... *(Pauses between each question)* What happened to your heart? ... Did the sensations change?... Did you continue to feel warmth, openness and tenderness?... Were there other sensations, an aching sensation perhaps?... Did you have a wish to take away the other’s suffering? *(Allow silence until next time point, at least 10 seconds)*

8:30

Compassion for self

Contemplate a time when you have suffered yourself. Perhaps you experienced a conflict with someone you care about, or did not succeed in something you wanted, or were

physically ill... (15 seconds) Notice how you feel when you think of your suffering... How does your heart feel? ... (Pauses between each question) Do you continue to feel warmth, openness and tenderness?... Are there other sensations, perhaps an aching sensation? (10 seconds)

Just as we wish for our loved one's suffering to end, we wish that our own suffering would end. We may also envision our own pain and suffering leaving us so that we may experience happiness.

Continue to visualize yourself as you breathe. Imagine that the golden light emanating from your heart is easing your suffering. With each exhalation, feel the light emanating within you, with the strong heartfelt wish that you be free from your suffering. Silently recite to yourself:

“May I be free from this suffering...
May I have joy and happiness”

“May I be free from this suffering...
May I have joy and happiness”

(1 minute)

Continue to silently say to yourself,
“May I be free from this suffering...
May I have joy and happiness”

(1 minute)

“May I be free from this suffering...
May I have joy and happiness”

(1.5 minutes)

Again, notice how this feels in your heart... What kind of sensations did you feel? ... (Pauses between each question) Did they change from when you were envisioning your own suffering?... How is this feeling different from when you wished your loved one's suffering to be relieved?... Did you feel warmth, openness and tenderness?... Were there other sensations such as pressure? Did you have a wish to take away your own suffering? (Allow silence until next time point, at least 10 seconds)

15:00

Compassion for a neutral person:

Now visualize someone you neither like nor dislike, but someone you may see in your everyday life, such as a classmate you are not familiar with, a bus driver, or a stranger you pass on the street.

(5 seconds) Although you are not familiar with this person, think of how this person may suffer in his or her own life. This person has also may have conflicts with loved ones, or struggled with an addiction, or may have suffered illness. Imagine a situation in which this person may have suffered. (30 seconds)

Notice your heart center... does it feel different?... (Pauses between each question) Do you feel more warmth, openness and tenderness?... Are there other sensations, perhaps an aching sensation?... How does your heart feel different from when you were envisioning your own or a loved one's suffering?... (10 seconds)

Continue to visualize this person as you breathe. Imagine that you are extending the golden light from your heart to them, and that the golden light is easing his or her suffering. Extend this light out to them during your exhalation, with the strong heartfelt wish that he or she be free from suffering. See if this wish can be as strong as the wish for your own or a loved one's suffering to be relieved. Silently recite to him or her:

“May you be free from this suffering...
May you have joy and happiness”

“May you be free from this suffering...
May you have joy and happiness”

(1 minute)

Continue to silently recite,
“May you be free from this suffering...
May you have joy and happiness”

(1 minute)

“May you be free from this suffering...
May you have joy and happiness”

(1.5 minutes)

Again, notice how this feels in your heart... (Pauses between each question) Did the sensations change from when you were *envisioning* this person's suffering?... Did you continue to feel warmth, openness and tenderness?... Were there other sensations?... Did you have a wish to take away this person's suffering?... How were these feelings different from when you were wishing to take away your own or a loved one's suffering? (Allow silence until next time point, at least 10 seconds)

21:30

Compassion for an enemy:

Now visualize someone you have difficulty with in your life. This may be a parent you disagree with, an ex-girlfriend or boyfriend, a roommate you had an argument with, or a

coworker you do not get along with. (5 seconds) Although you may have negative feelings towards this person, think of how this person has suffered in his or her own life. This person has also had conflicts with loved ones, or has dealt with failures, or may have suffered illness. Think of a situation in which this person may have suffered. (30 seconds)

Notice your heart center... does it feel different? (*Pauses between each question*) Do you feel more warmth, openness and tenderness?... Are there other sensations, perhaps an aching sensation?... How does your heart feel different from when you were envisioning your own or a loved one's suffering?... (10 seconds)

Continue to visualize this person as you breathe. Imagine that you are extending the golden light from your heart to him or her, and that the golden light is easing his or her suffering. Extend this light out to him or her during your exhalation, with the strong heartfelt wish that he or she be free from suffering. See if this wish can be as strong as the wish for your own or a loved one's suffering to be relieved. Silently recite to him or her:

“May you be free from this suffering...
May you have joy and happiness”

“May you be free from this suffering...
May you have joy and happiness”

(1 minute)

If you have difficulty in wishing for this person's suffering to be relieved, you may think of a positive interaction you have had with this person that can help you in wishing them joy and happiness. Perhaps there were times when you got along, laughed together, or worked well together on an assignment. Continue to silently recite,

“May you be free from this suffering...
May you have joy and happiness”

(1 minute)

“May you be free from this suffering...
May you have joy and happiness”

(1.5 minutes)

Again, notice how this feels in your heart... Did the sensations change?... (*Pauses between each question*) Did you feel warmth, openness and tenderness?... How were these feelings different from when you were wishing for your own or a loved one's suffering to end?... Were there other sensations, perhaps a tightness in the chest? Did you have a wish to take away this person's suffering? (*Allow silence until next time point, at least 10 seconds*)

29:00

Compassion for all beings:

Now that we are almost at the end of this meditation, let's end with wish for all other beings' suffering to be relieved. Just as I wish to have peace, happiness, and to be free from suffering, so do all beings...*(10 seconds)*

29:30

Resting in joy of the open heart:

Now bask in the joy of this open-hearted wish to ease the suffering of all people and how this attempt brings joy, happiness, and compassion in your heart at this very moment.

30:00

We are now finished with the compassion meditation session. With practice, this meditation may help bring peace and joy to your life and to those around you.