



Worksheet Script for *compassion meditation*



To begin this compassion meditation, find a comfortable position—somewhere you feel good and won't be disturbed. If, at any time, you start to feel uncomfortable, don't hesitate to change positions. If you want, you can close your eyes to help you get centered. Remember that the goal of meditating isn't to gain or achieve anything. Just try to figure out what's going on inside you, here and now, without judging or deciding it's good or bad.

Compassion is synonymous with kindness and tolerance. Above all, I encourage you to be compassionate with yourself. All thoughts are welcome. If they start to wander, that's perfectly normal. Just refocus them on your next breath. So, start by paying attention to your breathing, without forcing it or trying to change it.

Now, think of someone you really love and who loves you; someone very close to you. Imagine this person is next to you and you're telling them how much you love and respect them. Imagine yourself wishing them love, happiness, and security. Tell them in your head:

"I wish you love, happiness, and security."

Now, think of someone you recently had an argument with. Maybe you're angry at this person, or maybe you don't always get along well. Despite your differences, this person also deserves to have love, happiness, and security. As you try to be tolerant and keep an open mind, tell them this:

"I wish you love, happiness, and security."

Now, begin to notice your surroundings. You can simply look at the people around you or imagine a whole community for yourself. To all these people, who are just like you and who need your compassion, you can say:

"I wish you love, happiness, and security."

Now, imagine several people who love you very much and whom you love in return. Take the time to identify them one by one. Like them, you need love, happiness, and security. Imagine all these people around you, telling you what they wish for you. Quietly, they say to you:

"I wish you love, happiness, and security."

Finish this compassion meditation by filling your lungs with air. Take a deep breath and let it out. Try to notice your feelings, thoughts, sensations, and emotions, without judging or criticizing them.

At your own pace, when you feel ready, open your eyes, stretch if you need to, and come back to your surroundings, taking as much time as you need.