

HANDOUT 7

COMPASSIONATE BEING

- Start by sitting comfortably, finding your seat, and letting yourself settle.
 - Take a few minutes to come into the present moment, anchoring with the breath, sounds, or touch points.
 - Visualize a safe and serene place—a mountain, the beach, or a beautiful garden. Let this place be a refuge and a sanctuary for you. Let yourself rest here.
 - Visualize a wise and compassionate being in front of you. This can be a favorite teacher, friend, or family member. It can also be a spiritual figure—perhaps the Buddha, Moses, Jesus Christ, Mohammed, or Kwan Yin, the goddess of compassion. It can even be a pet or other animal or a place in nature.
 - Become aware of any pain or suffering that you are holding. Imagine what this being would say or do. What words would he or she offer? How would he or she comfort you? Listen deeply and see what arises. Allow yourself to receive the compassion and wisdom of this being.
 - If your mind wanders, bring yourself back to this peaceful place and this compassionate being. Feel that you can take in some of his or her compassion and kindness.
 - Let this place become an inner resource for you. Know that you can return here whenever you need support or sustenance.
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