

Compassion Meditation Script

By One Mind Dharma

Find a comfortable position in which to sit for this period. As you allow your eyes to gently close, tune into the body and make any minor adjustments. It can be helpful to remember our intentions of both ease and awareness. Sit in a way that feels comfortable but alert.

We'll start with a few minutes of concentration practice, just to help our minds settle and arrive in our present time experience. As you allow the body to resume to natural breathing, see where in the body you can feel the breath. It may be in the stomach or abdomen, where you can feel the rising and falling as the body breathes. It might be in the chest, where you may notice the expansion and contraction as the body inhales and exhales. Perhaps it's at the nostrils, where you can feel a slight tickle as the air comes in, and the subtle warmth as the body exhales.

You can pick one spot to stick with for this meditation practice. As you feel the body breathing, try to stay with the breath all the way through.

We'll use a counting exercise to help in this process. You can breathe in with awareness, and as you exhale you can count "1" in your head. With the next exhale, count "2." You can count like this up to 8, then simply start back at 1.

Remember that the counting is a tool to help build concentration and is not a measurement of how good of a meditator you are. When the mind wanders, just come back to 1.

(Allow for some silence here for as long as you see fit)

You may have noticed the mind wandering. When the mind wanders, it really offers us an opportunity to cultivate mindfulness and concentration. Each time we notice the mind wandering, we're strengthening our ability to recognize our experience. Each time we bring the mind back to the breath, we're strengthening our ability to focus on an object. Treat it as an opportunity rather than a problem, and return to 1.

(Allow for some silence here for as long as you see fit)

You can begin the compassion practice by bringing yourself to mind. Perhaps you can connect with a moment of difficulty or pain, or you can work with yourself as you're sitting here right now.

Compassion is the practice of being with suffering and pain with care and attention. We set the intention to turn toward our pain and respond with care. With this intention of being present for your pain, you can offer yourself the phrases of compassion:

“May I be free from suffering.”

“May I be present for my pain.”

“May I care for my suffering.”

You can offer these phrases silently in your head, connecting with your intention to respond with compassion to the difficulties.

(Allow for some silence here for as long as you see fit)

You can now bring to mind a good friend. This may be a loved one, a friend, a teacher or mentor, or maybe a pet.

You can connect with your natural desire to see this person free from pain. Of course you can't keep them from experiencing any discomfort, but you can cultivate a mind and heart that care for the discomfort.

In an effort to cultivate this intention, you can offer this person the phrases:

“May you be free from suffering.”

“May you be present for my pain.”

“May you care for my suffering.”

“I care about your suffering.”

(Allow for some silence here for as long as you see fit)

You can let this person go from your mind and bring to mind a neutral person. This is someone you see, maybe regularly, but don't know very well. It may be somebody who works somewhere you go a lot, a coworker, or maybe a neighbor.

Although you don't know this person well, you can know that this person experiences pain and difficulties. Again, we can set the intention to care for their pain by offering some phrases of compassion:

“May you be free from suffering.”

“May you be present for my pain.”

“May you care for my suffering.”

“I care about your suffering.”

(Allow for some silence here for as long as you see fit)

And as you let this neutral person go, you can bring to mind somebody who you find difficult. You may not want to pick the most difficult person in your life, instead choosing someone who is minorly difficult. Maybe it's someone you find yourself agitated with or annoyed by.

Although we may not truly mean it, we can offer the phrases with the intention of cultivating a heart inclined toward compassion and caring:

“May you be free from suffering.”

“May you be present for my pain.”

“May you care for my suffering.”

“I care about your suffering.”

(Allow for some silence here for as long as you see fit)

(Ring bell)