

Balancing Compassion Exercise

Find a comfortable position and take a few deep breaths to become calm and centred. You might like to put your hand on your heart as a reminder to bring affectionate awareness to your experience and to yourself.

Bring to mind someone who you are caring for who is exhausting you or frustrating you – someone you care about who is suffering.

Now read these words, letting them gently roll through your mind:

***We are each on our own life journey, I am not the cause of this persons suffering,
Nor is it entirely within my power to make it go away, even though I wish I could.
Moments like this are difficult to bear, Yet I may still try to help if I can***

Be aware of the stress you are carrying in your body, inhale fully and deeply, drawing compassion inside your body and filling every cell of your body with compassion. Let yourself be soothed by inhaling deeply and by giving yourself the compassion you need.

As you exhale, send out the compassion to the person associated with your discomfort.

Continue breathing compassion in and out allowing your body to gradually find a natural, breathing rhythm.

In breath for me, out breath for you. In for me, out for you

Occasionally scan your inner landscape for any distress and respond by inhaling compassion for yourself and exhaling compassion for the other.

Say the words again:

***We are each on our own life journey I am not the cause of this persons suffering,
Nor is it entirely within my power to make it go away, even though I wish I could.
Moments like this are difficult to bear, Yet I may still try to help if I can***

Now let go of the practice and allow yourself to be back in the moment

Gently open your eyes