

Caregiver Mindfulness

Having Compassion

Compassion Meditation

Please settle into a comfortable position and take a deep breath and release. For a few moments, just focus on your breath and clear your mind of worries.

Picture someone toward whom you feel a great amount of love. Notice how this love feels in your heart. Notice the sensations around your heart. 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 them peace and happiness.

At the same time, silently recite these phrases repeatedly:

May you have happiness.

May you be free from suffering.

May you experience joy and ease.

Now think of a time when this person was suffering. Notice how you feel when you think of their suffering. 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 their suffering. With the strong heartfelt wish that they be free from their suffering, recite silently to them repeatedly:

May you be free from this suffering.

May you have joy and happiness.

Contemplate a time when you have suffered yourself. Notice how you feel when you think of your suffering. Just as we wish for our loved one's suffering to end, we wish that our own suffering would end. Envision our own pain and suffering leaving us.

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 repeat to yourself:

May I be free from this suffering.

May I have joy and happiness.