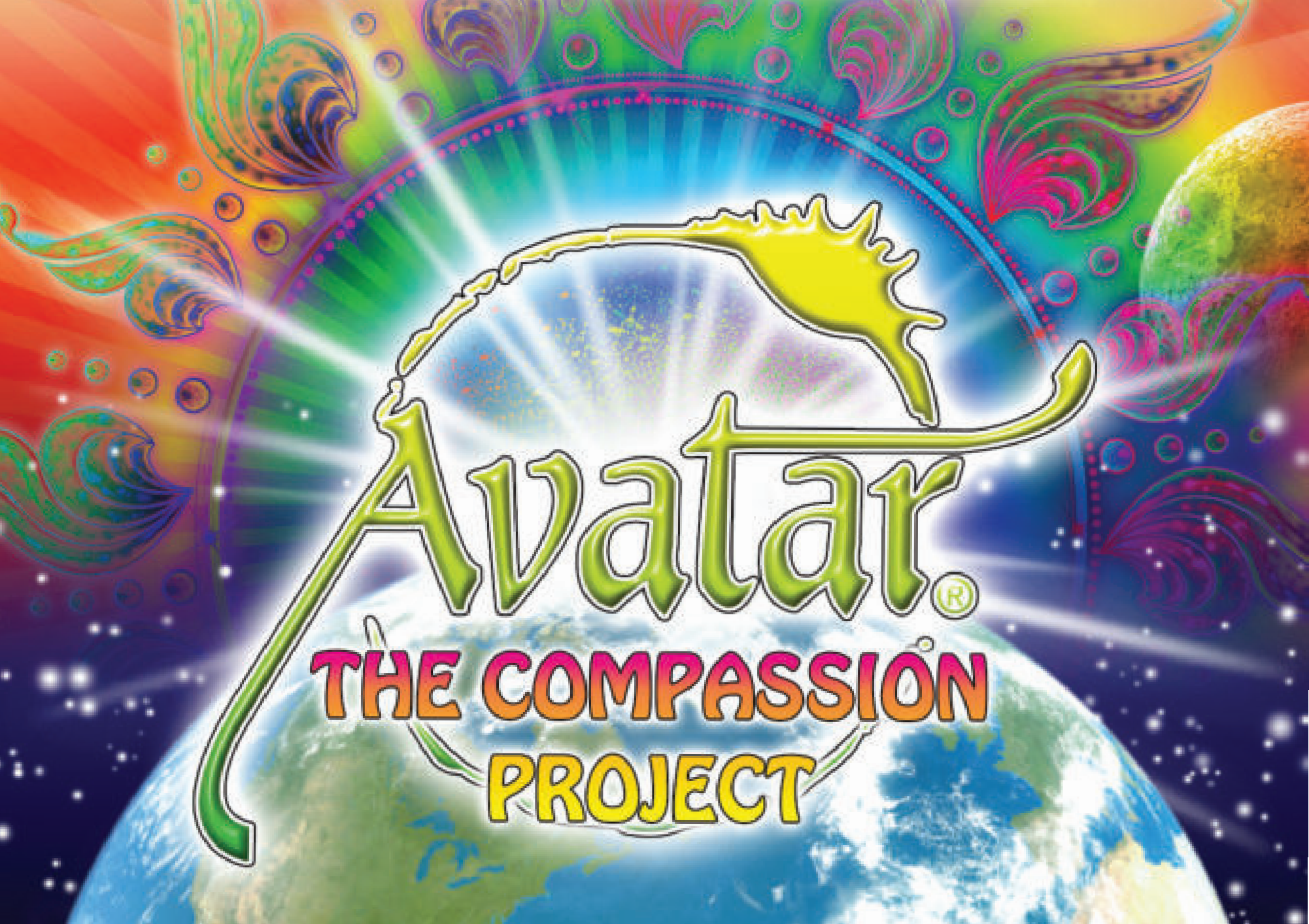
Avatar®
THE COMPASSION
PROJECT

Increase the amount of compassion in the world.

Compassion Exercise

Instructions: This exercise can be done anywhere that people congregate (airports, malls, parks, beaches, etc.). It should be done on strangers, unobtrusively, from some distance. Try to do all five steps on the same person. Expected results are a personal sense of peace.

Step 1 With attention on the person, repeat to yourself:
Just like me, this person is seeking some happiness for his/her life.

Step 2 With attention on the person, repeat to yourself:
Just like me, this person is trying to avoid suffering in his/her life.

Step 3 With attention on the person, repeat to yourself:
Just like me, this person has known sadness, loneliness and despair.

Step 4 With attention on the person, repeat to yourself:
Just like me, this person is seeking to fulfill his/her needs.

Step 5 With attention on the person, repeat to yourself:
Just like me, this person is learning about life.

Variations:

1. May be done by couples and family members to increase understanding of each other.
2. May be done on old enemies and antagonists still present in your memories.
3. May be done on other life forms.

This is one of thirty exercises that can be found in *ReSurfacing®: Techniques for Exploring Consciousness* by Harry Palmer.

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