

COMPASSIONATE FRIEND

Please find a comfortable position, either sitting or lying down. Gently close your eyes. Take a few deep breaths to settle into your body. Put one or two hands over your heart or another soothing place to remind yourself to give yourself *loving* attention.

Safe Place

- Imagine yourself in a place that is safe and comfortable—it might be a cozy room with the fireplace burning, or a peaceful beach with warm sun and a cool breeze, or a forest glade. It could also be an imaginary place, like floating on clouds...anywhere you might feel peaceful and safe. Let yourself linger with and enjoy the feeling of comfort in this place. (pause).

Compassionate Friend

- Soon you'll receive a visitor, a warm and compassionate presence—a compassionate friend—an *ideal* figure who embodies the qualities of wisdom, strength, and unconditional love.
- This being may be a spiritual figure; a wise, compassionate teacher; someone from your past who *fully* embodies the qualities of love and wisdom (perhaps a loving grandparent); or this being might arise for the first time, right now, in your imagination.
- Furthermore, your compassionate friend might not have any particular form, but be more like a warm presence, or radiant light.
- Your compassionate friend cares deeply about you and would like you to be happy and live with ease.
- Allow such a being to arise in your mind, imagining this being—this presence—in as much detail as you like. (long pause)

Arrival

- You have a choice to go out from your safe place and meet your compassionate friend, or to invite him or her in. (pause) Please take that opportunity now, if you like.
- Placing yourself in just the right way in relation to your compassionate friend—whatever feels right—perhaps close, or perhaps at a respectful distance.
- Then allowing yourself to *feel* what it's like to be in the company of this being. There is nothing you need to do except to experience the moment. (pause).
- Allowing yourself to fully receive the unconditional love and compassion that this being has for you, to soak it in. If you can't fully let it in, that's okay too...this being feels it anyway.