

## **Spreading Compassion**

I believe that finding happiness in life is one of the most valuable goals we can choose. To that end, I'd like to share an amazing exercise that I learned at an Avatar (Mind Training) Conference in Orlando in July 2016.

This exercise is about building compassion for ourselves and others. The more empathy and connection we feel, the easier it is to build friendships and extend love to not only ourselves, but also our fellow human beings. As we advance with this technique, it may even help us offer compassion to our adversaries. The result of this delightful exercise is a personal sense of peace. I invite you to try it.

(Taken from the Avatar Program and “Resurfacing: Techniques for Exploring Consciousness” by Harry Palmer)

### **Compassion Exercise**

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.

With attention on the person, say these words to yourself:

1. “Just like me, this person is seeking some happiness in his/her life.”
2. “Just like me, this person is trying to avoid suffering in his/her life.”
3. “Just like me, this person has known sadness, loneliness, and despair.”
4. “Just like me, this person is seeking to fulfill his/her needs.”
5. “Just like me, this person is learning about life.”

This exercise can be extended to other life forms such as pets and animals. It also is very effective when done on old enemies and antagonists still present in your memories.

Some the benefits of being compassionate:

- Become a more sympathetic listener
- Move toward non-judgmental awareness of self and others
- Build appreciation and acceptance of others
- Move away from anger and aggression
- Feel closer to our fellow human beings
- Achieve more equality and a giving lifestyle

Above all, compassion helps us build happiness within the self. When we are connected with others, we find more ways to laugh, grin, and share our “life story”. If we all agree that being happy is one of the main goals in life, then compassion is one of the main goals for achieving this thing called “happiness.”