

This is a good practice to do when waiting in an airport, doctor's office, or any public area. You can put your attention unobtrusively on strangers, in those situations.

Honesty with oneself leads to compassion towards others. This practice can produce a personal sense of peace.

In addition to strangers (or even other creatures) you can focus on someone who is occupying your thoughts, perhaps a loved one or maybe someone with whom you have had a conflict or lingering ill-at-ease feelings.

**The Compassion Exercise © by Harry Palmer**

- 1. With attention on the person, repeat to yourself:**  
*Just like me, this person is seeking some happiness in his/her life.*
  
- 2. With attention on the person, repeat to yourself:**  
*Just like me, this person is trying to avoid suffering in her/her life.*
  
- 3. With attention on the person, repeat to yourself:**  
*Just like me, this person has known sadness, loneliness, and despair.*
  
- 4. With attention on the person, repeat to yourself:**  
*Just like me, this person is seeking to fulfill his/her needs.*
  
- 5. With attention on the person, repeat to yourself:**  
*Just like me, this person is learning about life.*

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***May all beings be happy. May they be healthy. May they be at peace. May they be free.***