

# Embodying Compassion

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I recommend doing these exercises at least one time daily.

## First Process:

### Connecting to and feeling the Life Impulse

Guided meditation: Bring your awareness to the inner experience that's going on with you right now. There's nothing to do with it other than to notice and be with it. Feel what is going on in you as life, life impulse, life feeling. Breathe into whatever you are feeling now.

Sense or try out this perspective that this life impulse does not belong to you, it's simply flowing through you. It's the same life that flows through everything, through everyone. It's life. In feeling this energy in you, flowing through you, just allow it to be whatever form it is in, whether you label it pleasant or unpleasant and allow the space for this feeling simply to be as it is.

## Second Process:

### Creating your own inner space of compassionate presence:

Imagine yourself to be in a sphere of compassionate presence (..held, cared for), in a field of unconditional acceptance,...

- How does it look (colors, shapes, images)? Does it have any texture?
- How does it smell?
- Maybe there is even a taste?
- How do you feel in that sphere of compassionate presence?
- Do you feel any physical sensations?
- Let it be what it is...

## Third Process:

### Compassionately Embracing.

Take a minor inner or outer obstruction (challenging situation, fear, loneliness, disappointment etc.) and imagine yourself putting the obstruction/knot into the sphere of compassionate presence and just allowing it to be there. Noticing what happens. Notice whatever sensations...then emotions. Be with the felt sense of the experience. Continue to breathe as you focus your attention. Simply allow whatever arises in your experience.