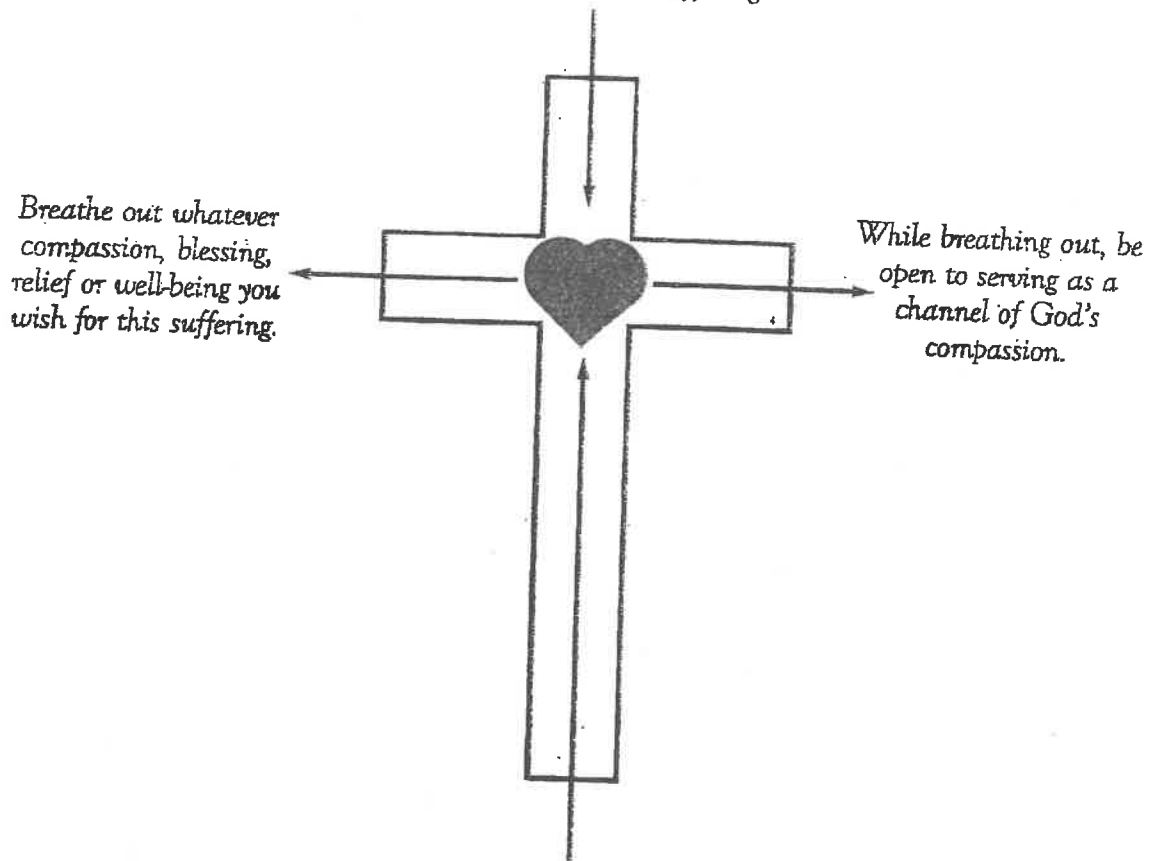


Breathing Compassion

A Practice for the Transformation of Pain

While breathing in, gently allow an awareness of the broader context of human vulnerability and pain to touch your heart. Breathe in your awareness (and God's awareness) of the many others who share this suffering.



Critical Starting Point: *Instead of the habitual, nearly universal tendency to try to avoid, repress, deny, flee from or push away the pain and suffering of life, in this practice we breathe it in, with the notion of completely feeling it, accepting it and owning it.*
