Just Like Me!

This exercise is designed to help you to feel more compassion for others and yourself.

Sit somewhere busy where there is a lot of passing people traffic. Sit as comfortably as you can as you may be here for a while. Watch the people passing you and allow yourself to feel what it is like to be that person. Feel into their being, how do move in their physical body? what emotions are they feeling? What troubles are they contemplating? What joy do they have?

Whilst posing these questions look at the person and state the following Just Like me this person is a soul, Just like me this person is learning to become themselves, Just like me this person has known suffering, just like me this person is part of life (anything else that comes to mind) what aspects of yourself can you see embodied in others and which aspects of others can you empathize with as being an aspect of yourself. Sit for at least 15 minutes and repeat as you feel necessary.