

Volume Control Compassion Practice

Access the feeling of compassion (see above) and imagine a volume control that only responds to your touch and your intent.

As you feel the compassion imagine turning up the volume control until you feel it through every cell of your body. Then turn it up some more until you feel it within you as well as all around you.

Then, just to make sure this is working, turn your volume control back down until you feel the compassion in a localized area within you.

Now turn it back up until you can experience the compassion in your body, mind, and spirit so that supports you moving through your day from a place of wholeness and presence. If you are challenged, (ex: Your Survival Mechanism starts to kick in), turn up your volume control and BE in the experience of compassion within you, for you, and all around you.

THEN, using your volume control you have the opportunity to extend this compassion to others.

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