

COMPASSIONATE LETTER WRITING

With your eyes closed, imagine sitting with someone, maybe a close friend or a family member, who is really struggling. You feel deeply moved by their suffering and long to be able to lessen their pain. Where do you feel this compassion and longing to relieve their pain manifest in your body? When you're ready, gently open your eyes and write a free-flowing compassionate letter to this friend or family member who is struggling, validating their suffering, expressing your desire to accompany and support this person, acknowledging that painful feelings are temporary, and recognizing suffering as something that we all experience in our lives. When you are finished, read the letter out loud in a warm, caring tone of voice, the same way you would speak to this person who is struggling.
