



Just Like Me Compassion Practice

Have compassion for everyone you meet even if they don't want it. What seems conceit, bad manners, or cynicism is always a sign Of things no ears have heard, no eyes have seen. You do not know what wars are going on down there where the spirit meets the bone.

Miller Williams

Just Like Me is a practice that is designed to help you shift perspectives and remember how similar other people are to us. It's all about compassion. It is a very helpful practice you can do silently to yourself before you go into any difficult or stressful situation or in dealing with someone you have a hard time with. Try to do all six steps on the same person. Results are often a greater feeling of peace and ease.

- Step 1: With attention on the person, repeat to yourself: Just like me, this person is seeking happiness for his / her / their life.
- Step 2: With attention on the person, repeat to yourself: Just like me, this person is trying to avoid suffering in his / her / their life.
- Step 3: With attention on the person, repeat to yourself: Just like me, this person has known sadness, loneliness, and despair.
- Step 4: With attention on the person, repeat to yourself: Just like me, this person is seeking to fulfill his / her / their needs.
- Step 5: With attention on the person, repeat to yourself: Just like me, this person is learning about life.
- Step 6: End with a short loving-kindness practice wishing this person well: May (name of person) be happy, peaceful, and free from suffering (repeating this phrase three times silently to yourself and directing it towards this person).

On-the-spot short form:

- Take three deep breaths
- This person wants to be happy just like me
- This person wants to be peaceful just like me
- This person wants to be free from suffering just like me
- May this person be happy, peaceful, and free from suffering.
- Take three deep breaths. Repeat if needed.

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Variations:

1. May be done with couples and family members to increase understanding of each other



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2. May be done on old enemies still present in your memories
 3. May be done on other life forms (ex: a pet, creatures in the wild)