

COMPASSION PRAYER

It has been said that “resentment is like drinking poison...waiting for the other person to die.” Therefore, the goal of this daily exercise is to liberate yourself of the burden and cost of holding on to feelings that no longer serve your highest good.

It is suggested to recite this prayer twice per day for two weeks. Many, including myself, have experienced an improved state of being towards the offender well before the two weeks is up. Good luck!

- **Round 1** – Praying for yourself in the first person
 - **Round 2** – Praying for someone you love, have reverence for, or always makes you feel good (child/children, spouse, parent, grandparent, uncle, mentor, boss, etc)
 - **Round 3** – Praying for someone that you resent or feel anger towards (child/children, spouse, parent, grandparent, uncle, mentor, boss, etc)
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Round 1:

May I be at peace.

May my heart remain open.

May I awaken to the light of my *true* nature.

May I be healed of all things.

May I be a source of healing to all beings.

Round 2:

May _____ be at peace.

May their heart remain open.

May they awaken to the light of their *true* nature.

May they be healed of all things.

May they be a source of healing to all beings.

Round 3:

May _____ be at peace.

May their heart remain open.

May they awaken to the light of their *true* nature.

May they be healed of all things.

May they be a source of healing to all beings.