

JUST LIKE ME

By Harry Palmer

Honesty with one's self leads to compassion for others.

Objective: To increase the amount of compassion in the world.

Intended Result: Increase in understanding and a personal sense of peace.

Instructions: This exercise can be done anywhere people congregate (airports, events, beaches, etc.) It is intended for practicing on a stranger, unobtrusively and from some distance. Try to do all five steps on the same person.

Step 1: With attention on the person, repeat to yourself:

"Just like me, this person is seeking some happiness for his/her life."

Step 2: With attention on the person, repeat to yourself:

"Just like me, this person is trying to avoid suffering in his/her 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 needs."

Step 5: With attention on the person, repeat to yourself:

"Just like me, this person is learning about life."