

# The Compassionate Friend Visualization

1. Find a comfortable position. Sitting down or lying down.
2. Take in a few deep breaths to settle into your body.
3. Let your breathing return to normal.
4. If you're comfortable, close your eyes.
5. Arrive in your body. Notice the sensations in your body. The points of contact of your feet with the floor. The position of your body.
6. Bring a quality of warm kind awareness to your experience.
7. If you want, bring your hands to your heart. Show yourself kindness. Let your body know that you are here.
8. Now imagine that you are in a beautiful, peaceful, comfortable space. It may be an actual place or imagined. Perhaps it is a place in nature. The sand on a warm beach. In a forest glade surrounded by beautiful trees. It can be an imaginary place. A safe, comfortable, peaceful place.
9. Allow yourself to really savor the feelings of comfort and peace in this place.
10. Soon you are going to receive a visitor. A warm, wise, compassionate presence. Your compassionate friend. An ideal figure who embodies strength, warmth, and unconditional love. Can be a wise teacher, a spiritual figure, someone from your past. A beloved grandparent.

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11. Let the image of this being arise in your mind's eye. It may not have a particular form.
12. Know that your compassionate friend cares deeply about you. They would really like to you to be free of suffering. To be at peace.
13. Allow the image of this being to be there for you.
14. Meet your compassionate friend. Imagine just the right distance.
15. Allow yourself to feel what it is like to be in the presence of this being.
16. Allow yourself to fully receive the unconditional love and compassion this being has for you. Even if you can't let it in, know that your friend feels it anyway.
17. Your compassionate friend is wise and all-knowing. It knows where you've been and where you are right now in your life.
18. Your friend has a message for you. Something you really need to hear at this point in your life. What does your friend have to say to you? If no words come, that's OK too. Just enjoy the good company of your friend.
19. Perhaps there is something you would like to say, a question you would like to ask. Something you would like to share with your friend.
20. Now, your friend would like to give you a gift. A material object. Something that has a special meaning or significance for you. What is it? If nothing arises, that's OK too.
21. Enjoy your friend's presence for a few more minutes, then bid them farewell.

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22. Now find yourself back alone in your safe place. Allow yourself to savor what just happened. Perhaps reflect on the conversation you had with your friend. Examine the gift you received.
23. Now realize your compassionate friend is a part of you. See that this emerged from inside of you. It is a real part of you that is always available to you. You can invite your compassionate friend back anytime you wish.
24. Allow yourself to feel and be with your body as it is, right here and right now. Allow yourself to feel and experience whatever is arising in you right now. Allow yourself to be exactly as you are in this present moment.
25. Then, when you're ready, gently open your eyes.

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