

## Guided Meditation for Anger Towards Another: Finding Peace and Compassion

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Hello. I'm John Kinyon. In this recording I offer a guided meditation on finding peace and compassionate action when you are experiencing anger towards another person.

This could be someone in your life, or it could be someone you see, hear, or read about, such as in the grocery store or in the news.

This meditation has three parts:

1. Empathy for yourself,
2. Empathy for the other, and
3. Emergence of new possibilities.

Ok, here we go.

First, bring attention to your breath. Feel your breath moving in your body. Become aware of your body in space, held by earth's gravity and supported by the ground beneath you.

Part One — Empathy for Yourself Bring the person to mind towards whom you feel anger. As you observe the memory or memories in your mind, see what happened as if you are watching a movie. See their actions and body language. Hear their words being spoken. See and hear also your own thoughts and judgments towards this person in your mind.

As you think about this person and what they said or did, bring attention into your body. Scan through your whole body, from your feet all the way up to your head. Notice any physical sensations you feel. Feel and be compassionately present with the sensations as deeply as you are willing. If you would like, say to yourself the words for those physical sensations.

Now notice if you can feel any emotions — anger, frustration, hurt, irritation, resentment, bitterness, pain. Feel the sensations and emotions moving in your body.

As you feel your feelings, ask your unconscious for some words for universal human needs. What is it that you want that all people want everywhere on the planet? If what comes to you is about this person you're thinking about, continue to ask yourself what you want that all people need, universally (such as kindness, respect, consideration, safety)?

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If universal need words come to you, repeat them slowly, mindfully to yourself, feeling the subtle life energy and aliveness of your body as you do this.

[If you feel some peace and spaciousness inside you, and your anger softening, try going to Part Two. If not, then repeat Part One for as long as is needed.]

Part Two – Empathy for the Other [If while doing this second part of the process you notice anger rising up in you again, just return to Part One. Come back to Part Two when you feel ready.]

First, feel your breath move in your body.

Ok, now bring to mind again the memory of this person. Ask yourself what they might have been thinking when they said or did what was upsetting to you. See and hear the thoughts you imagine going through their mind.

Now ask yourself to imagine how they might have been feeling when they did what they did? See if you can feel those physical sensations and emotions in your body.

Now ask yourself to imagine what universal human needs they might have been trying to meet when they did what they did? What were they possibly wanting that all people everywhere on the planet want? Keep asking until you get to the level of what all humans want universally. If need words come to you, repeat them slowly, mindfully, feeling the subtle life energy and aliveness of your body as you do this.

[Repeat parts one and two as needed until you feel the inner sense of connection and compassion that you would like.]

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Part Three – Emergence of New Possibilities Now see if any new learning or insights have come to you at this point? Do you see or understand things any differently? Do you see any new ideas or possibilities for thoughts or actions you could choose that would contribute to your life and life in general?

If you would like, make an action plan for what you want to do in relation to this situation. [Repeat parts one, two, and three until you feel complete.]

Ok. Thank you for your efforts to bring more peace and compassion into the world.