

[Meditation on Themes](#)

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Sit upright. Close your eyes. Feel that you are inside your whole body at once.

Meditate on compassion (not as an idea, but as an experience in your whole body). Fill your whole body with the quality of compassion.

Meditate on (fill your body with): forgiveness, safety, receptivity, equanimity (or peace), courage, surrender, humility, joy, or bliss.