

## **Meditation on Compassion**

from Trauma Healing and Transformation, Afterword, pp. 265-266  
—Patricia Mathes Cane, Ph.D.

### **Meditation of Union with Kwan Yin**

Many of the great spiritual traditions have practices of union with the Divine. The following meditation may be adapted to the religious or spiritual tradition of the person or group. Instead of Kwan Yin, the Compassionate One of China, other holy ones may be called upon—Guadalupe, Mary, Tara, Drolma. The meditation unites us with Kwan Yin, and opens to us the grace and fullness of compassion. Compassion is a fourth chakra emotion, one of the spiritual energies of the heart which involves the strength to honor another's suffering while bringing power back into one's life. True compassion is not pity which keeps the other in a state of victimhood because of their suffering. Rather it is a powerful spiritual energy which honors the other and empowers the other as well as ourselves.

What is involved in developing this fierce compassion in daily life? In practicing qualities or virtues that we want to emulate in our lives, there is an old spiritual maxim: "If you don't have it, pretend it. Act as if." We become what we think of and focus our intention upon. Within each of us is the capacity for Divine Being. In daily life we can take on the being of Kwan Yin, acting with compassion toward those around us. What would that look like? How would that feel?

So for a moment close your eyes, and relax your body. Breathe deeply and let go of all thoughts. Imagine that it is night and that you are on top of a hill, looking out over a lake. The full moon shines on the water which is radiant with its reflection. You feel great peace and joy as the moonlight fills your being.

As you stand watching the moon Kwan Yin herself appears to you, her whole body shining with compassion for you. She sees deeply into your heart and smiles a radiant smile. Great joy and tenderness shine in her eyes towards you. She beholds you with all your possibility and gives you what you need to be like her, filled with compassion and light. As you call out to her, her being becomes one with you. Take a moment with her, calling out to her divine compassion, receiving the grace and light of her smile.

Now imagine that filled with this divine spirit of compassion, Kwan Yin shows you the planet earth, first from a distance as a shining blue jewel in the dark sky, and then gradually you are able to move closer, to see the human family with eyes of love, deep understanding, and compassion. As you move around the planet, you see first your own family, and then children of all ages, and then people in every culture and place imaginable in the world. Take a few moments moving from village to city to jungle to refugee camp, seeing deeply the same human struggle, the fragile and wonderful and possible beings we call human beings.

Imagine that with Kwan Yin you are able to reach out in love and healing, awakening a new heart in the human family. And now imagine that Kwan Yin gives you a gift, a symbol of your life work and your contribution as part of the human family. Receive this with great gratitude and joy.

As you receive the gift Kwan Yin says to you: Look at your hands, these are now my hands, working through you. Take here my heart, this is now your heart embracing all being. You are now my presence to all those around you. Deep gratitude and peace well up within you as you accept Kwan Yin's gift. And after a few more moments her image again merges with the moonlight. You stand in your strength and beauty beholding the moon on the waters, knowing that you will never again be alone.

Take a moment more and when you are ready breathe deeply, come back to the present moment, and stretch your arms and shoulders to bring yourself fully back into your body. Feel deep peace, joy, and compassion for yourself and for all being.