

Just Like Me Meditation by Ram Dass

“Become aware that there is a person in front of you. A fellow human being, just like you.

Now silently repeat these phrases, while looking at your partner.

This person has a body and a mind, just like me.

This person has feelings, emotions and thoughts, just like me.

This person has in his or her life, experienced physical and emotional pain and suffering, just like me.

This person has at some point been sad, disappointed, angry, or hurt, just like me.

(You can say these one at a time....)

This person has felt unworthy or inadequate, just like me.

This person worries and is frightened sometimes, just like me.

This person has longed for friendship, just like me.

This person is learning about life, just like me.

This person wants to be caring and kind to others, just like me.

This person wants to be content with what life has given, just like me.

This person wishes to be free from pain and suffering, just like me.

This person wishes to be safe and healthy, just like me.

This person wishes to be happy, just like me.

This person wishes to be loved, just like me.

Now, allow some wishes for well-being to arise:

I wish that this person have the strength, resources, and social support to navigate the difficulties in life with ease.

I wish that this person be free from pain and suffering.

I wish that this person be peaceful and happy.

I wish that this person be loved.

Because this person is a fellow human being, just like me.”