

FROM RASAYANA, LLC

3 Practices to Compassionately Connect

With attention on the person, repeat to yourself...

**JUST LIKE ME, THIS PERSON IS SEEKING SOME
HAPPINESS IN THEIR LIFE.**

Try this with strangers in a large, public space. Maintain a distance and focus unobtrusively. Take 3 deep breaths.

With attention on the person, repeat to yourself...

**JUST LIKE ME, THIS PERSON IS SEEKING TO
FULFILL THEIR NEEDS.**

Try this with antagonists, enemies, or non-human forms. Maintain a distance and focus unobtrusively. Take 3 deep breaths.

With attention on the person, repeat to yourself...

**JUST LIKE ME, THIS PERSON IS TRYING TO AVOID
SUFFERING IN THEIR LIFE.**

Try this with difficult family members, ex-partners, or customers. Maintain a distance and focus unobtrusively. Take 3 deep breaths.

Expected results are a personal sense of peace



RASĀYANA^{LLC}

AYURVEDA | MASSAGE | YOGA

LAYOUT BY ANNA KATRINA MARCHESI