

Faithfully Uncomfortable: A 21-Day Journey Toward Racial Equity  
*Sharing in Another's Suffering: Christian Tonglen Practice*

Tonglen is a Buddhist practice of compassion that is a type of “spiritual dialysis” in which we visualize taking in the pain of others with every in-breath and sending out whatever will benefit them on the out-breath. Through this work, one intentionally shares in another person’s or groups suffering and uses interior imagery and prayer to transmute their pain. Here is how it works.

- Connect to your breath
- Imagine someone you know how is suffering. Their suffering may be physical or emotional
- See the person or people in your mind’s eye as they are trapped in their pain and suffering.
- As you breathe, breathe this person’s pain into you, into your very self.
- Imagine that your heart is the heart of Christ and breathe their pain into the heart of the loving Christ. Hold it there.
- Then as you exhale, breathe out the healing love of Christ to this person.
- Do this over and over until you can begin to feel a deep compassion for their pain, as Christ does. You may notice that you can see, feel or sense their suffering soften as your compassion for them expands.
- End with a conscious prayer of blessing