

## The Practice of Exchange (*tonglen*)

1. Ring gong. Rest in the sky-like nature of mind.
  
2. Work with the texture:
  - a. Visualize a bright, white light in your heart center
  - b. Breathe in black smoke (hot, dark, heavy) through all the pores.
  - c. Every particle of smoke dissolves into the white light in your heart
  - d. Breathe out white light (light in weight, brilliant, clean-clear) through all the pores
  
3. Choose an object of your love and compassion
  - a. Someone you love  
Someone who is neutral to you (neither like nor dislike)  
Someone you dislike a great deal or someone who has hurt you deeply  
Yourself
  
  - b. Consider their sufferings
  - c. Breathe in their sufferings in the form of black smoke. It dissolves into light in your heart.
  - d. Breathe out your own happiness and good fortune in the form of white light.
  - e. Consider their sufferings evaporate and they become healthy, happy, at peace.
  
4. Extend your compassion to all beings.
  - a. Visualize them all around as far as the horizon
  - b. Consider your connection to all of them
  - c. Consider their sufferings
  - d. Breathe in their sufferings in the form of black smoke, dissolves into white light in your heart.
  - e. Breathe out your own happiness and good fortune in the form of white light.
  - f. Consider their sufferings evaporate and they become healthy, happy, at peace.
  
5. Let go of the visualization. Come back to the breath. Relaxed awareness here and now.