

Counterbalance Practice, Buddhist Meditation

A short daily routine based on mindfulness and compassion practices. Updated 22 February 2026.

Aim

These practices assume a simple principle. Cruelty spreads through attention and reactivity. Your best counterbalance is a steady mind, a compassionate heart, and clear action where you can act.

From a Buddhist view, unwholesome states arise from greed, hatred, and delusion. The counter is mindfulness, compassion, and wise action.

Daily routine, 10 to 20 minutes

- Mindfulness of breathing: follow the breath, especially the out breath, for 5 minutes.
- Body scan: soften face, throat, chest, belly, and hands.
- Metta: repeat phrases of goodwill, first to yourself, then to others.
- Compassion: bring to mind those who suffer, wish them freedom from fear and harm.
- Wise boundary: wish that those who harm are stopped and awaken from delusion.

Metta phrases

May I be safe. May I be free from fear. May I be at peace. May you be safe. May you be free from fear. May you be at peace. May all beings be safe. May all beings be free from fear. May all beings be at peace.

Tonglen style practice, optional

If it suits you, use a gentle version. Do not force it if it overwhelms you.

- On the in breath, acknowledge suffering as a dark cloud, without vivid imagery.
- On the out breath, offer relief as cool, clear air.
- End by returning attention to the breath and the room.

Right action

- Reduce harm through speech, livelihood, and daily choices.
- Support effective organisations that protect children and aid recovery from trauma.

Warning sign

Stop and simplify if your practice increases fear, insomnia, paranoia, or obsessive thinking. Return to breath, body, ordinary routines, and trusted people. A good practice makes you steadier and more useful.