



## Tonglen Practice: Taking In Pain and Sending Out Relief

Tonglen is a practice for connecting with pain – your own and that which is all around you, everywhere you go. It is a method for overcoming the fear of suffering and awakening the compassion that is inherent in all of us.

To begin, sit comfortably with your spine long and your belly soft. Close your eyes, gently relax your body, and place your awareness lightly on your breath. For a few breaths, rest your mind in a state of openness or stillness. As you are ready...

1. Bring into your awareness someone you care about whom you know to be hurting and wish to help – someone who is in some physical or emotional pain in their life. Breathe in with the wish to take away all of their pain, suffering, and fear. Then as you breathe out, send them ease, happiness, or whatever would relieve their suffering. Breathe in their pain so they can be well and have more space to open and heal. Breathe out, sending them relaxation or whatever you feel would bring them relief and well-being.
2. When your *own* pain arises – fear, resistance, anger, helplessness, stuckness – change the focus and begin to do Tonglen for yourself, for what you are feeling. Breathe in your own pain, with the wish to be relieved of this suffering. And breathe out, sending to yourself whatever brings ease, relaxation, openness, compassion, and relief.
3. And now, make the practice bigger. As you practice Tonglen for the person you care about or for yourself, breathe in for the millions of other people just like you who at this very moment are feeling exactly the same pain and misery. And breathe out, for all people, what would bring relief to their suffering. Simply contact what you are feeling and breathe in, take it in for all of us – and send out relief to all of us. Breathe in completely the feeling, letting it touch you, with a willingness to feel the suffering of humanity. And breathe out, radiate out compassion, loving kindness, freshness, openness, anything that heals, relaxes, helps you and others to open to and enjoy life. Let yourself contact the suffering and the joy of our human condition and how universal this experience is.

As you practice, breathe in as if through every pore, letting it melt your heart open, knowing that there is nowhere for it to get stuck inside. And breathe out as if through every pore, sending out, radiating out your compassion in all directions. Rather than do the habitual – whatever is painful is pushed away and whatever is pleasurable is held on to – Tonglen reverses that habit. When it is painful, breathe it in, let it touch you, overcoming your fear of pain. When it is delightful, send it out, share it with others – relaxation, happiness, and well-being.

Tonglen can be done for those living and no longer living, for strangers, for animals, for anyone who is experiencing pain and fear and any form of suffering. It can be practiced as a formal meditation or as an everyday habit, right on the spot – breathing in and breathing out, feeling fully when you see and feel physical and emotional pain, with the wish that all beings be happy and free of suffering.

Adapted from *When Things Fall Apart: Heart Advice for Difficult Times* and  
*The Places That Scare You: A Guide to Fearlessness in Difficult Times* by Pema Chödrön

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