

## SUNLIGHT ON SHADOWS: Embracing Great Compassion

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### Meditation 49

#### *Watching Ourselves in Our Own Movie*

Practice, both formally and informally, watching yourself as if watching a movie and notice how your perspective on your choices changes.

How does it change your relationship to objects of attachment or aversion, and your attachment and aversion itself, if at all?

How does it change your perspective on possible avenues for change, if at all?

Do you find more perspective on whether karmic fruit has fully ripened and/or if there might be a possibility to change certain conditions that would prevent or further its ripening, and if so, which ones, and how?

How does practicing love, compassion, or tonglen shift your experience of the movie, of yourself and other characters within it, and avenues for benefitting them?

How does prayer expand the scope of your awareness, if at all?