

# Wishing Well

*Your Mind is very concerned about you and mostly makes  
**YOU**  
the centre of attention*

*See if you can notice this ~ME~ ME~ ME~ call of your Mind  
This is one of your habits of Mind to be more Aware of*

*Gradually you can change this habit by more often focusing on others and wishing  
them well*

*May you be Happy*

*May you be in Peace*

*May you be free from Suffering*

*This helps us learn we are all the same – we all suffer and we all want to be happy and peaceful*

*Without making it all about YOU again,  
IT REALLY HELPS IF YOU WISH YOURSELF WELL IN THE SAME COMPASSIONATE WAY*