

# Self Compassion

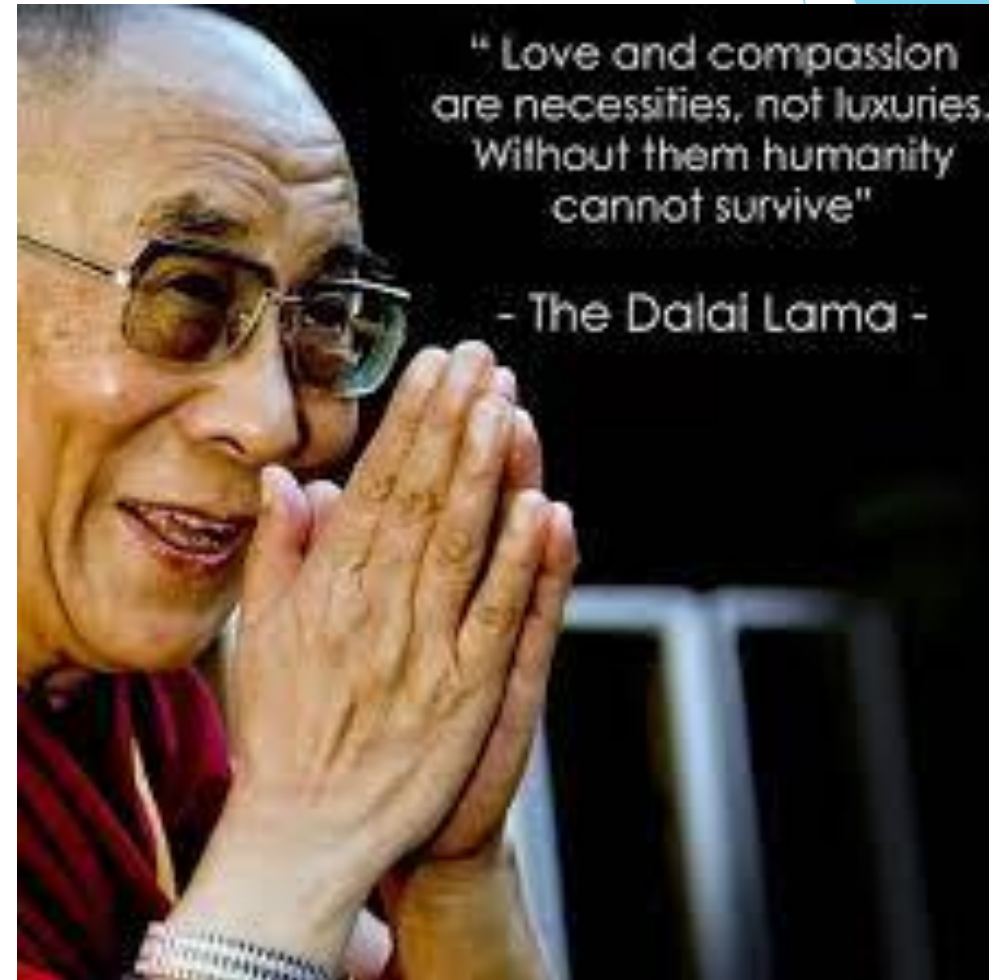
One of the Greatest Gifts You  
Can Offer to Others

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Compassion and Wisdom in Action 2021

# Compassion



"When you know how to make compassion a guiding principle and an active force in your everyday life, you can choose to live your life with more meaning, purpose and joy."

— Thupten Jinpa, Ph.D,  
Building Compassion  
from the Inside Out Course



# Compassion

- ▶ Compassion is a heartfelt wish that others be happy and not suffer.
- ▶ + The intention and desire to help
- ▶ + The Wisdom to know how

*What is that one thing, which when you possess, you have all other virtues? It is compassion (attributed to The Buddha)*

- ▶ Empathy is the capacity to understand or feel what another person is experiencing from within their frame of reference, that is, the capacity to place oneself in another's position
- ▶ Sympathy is the feeling of sorrow or pity for someone else's misfortune from you own perspective

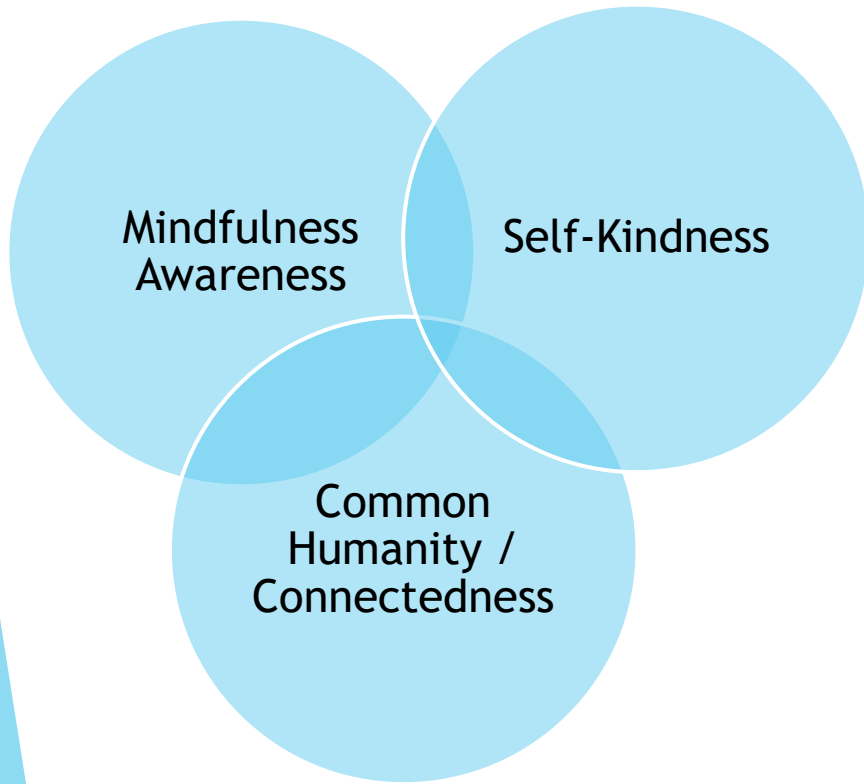
# Showing Compassion to Others

- ▶ The 4 Wisdom Themes & 16 Guidelines
  - ▶ How we think: humility, patience, contentment, delight
  - ▶ How we act: kindness, honesty, generosity, right (thoughtful) speech
  - ▶ How we relate to others: respect, forgiveness, gratitude, loyalty
  - ▶ How we find meaning: aspiration, principles (values), service, courage
- ▶ How do we show compassion to others? What does it look like?

# Self Compassion

Being more mindful of our need for self compassionate is key to developing inner peace, community peace and world peace.

Where does Self-Compassion start?



**Mindfulness / Awareness:** Being aware of our physical, mental, emotional and spiritual pains and needs

**Self-Kindness:** Considering our needs and treating ourselves with self-kindness

**Common Humanity / Connectedness:** Knowing our experiences are normal and part of being human

# Daily Self Compassion & Loving Kindness Treatment

- ▶ Wish your wonderful self a Good Morning!
- ▶ List in thoughts, words or song your greatest Grateful List - starting with I am grateful to be alive!
- ▶ Think, say, sing “ I choose to be happy and joyful”
- ▶ Think of / Imagine one thing you can do that will bring you joy and happiness
  - ▶ Think of / Imagine one thing you can do that would bring someone joy and happiness
- ▶ Add a prayer of loving kindness
  - ▶ May I / You / We be Happy, Healthy and Safe. May I / You / We live in peace, harmony, loving kindness and ease
- ▶ Add prayers for others and yourself
- ▶ Add other loving treatments – surrounding yourself with a beautiful white light of protection, love and kindness
  
- ▶ Estimated time: maybe 3 – 10 minutes depending on your lists and how you work them into your morning routine!

# Daily Loving Treatment excerpts from Louise Hay Loving Treatment

Deep at the center of my being, there is an infinite well of love. I now allow this love to flow to the surface. It fills my heart, my body, my mind, my consciousness, my very being, and radiates out from me in all directions and returns to me multiplied. The more love I use and give, the more I have to give, the supply is endless. The use of love makes me feel good, it is an expression of my inner joy. I love myself; therefore, I take loving care of my body – lovingly feeding it nourishing foods and beverages and grooming it - and my body lovingly responds to me with vibrant health and energy. I love myself; therefore, I provide for myself a comfortable home, one that fills all my needs and is a pleasure to be in. I fill the rooms with the vibration of love so that all who enter, myself included, will feel this love and be nourished by it.

I love myself; therefore, I behave and think in a loving way to all people. I love myself; therefore, I forgive and totally release the past and all past experiences and I am free. I love myself; therefore, I live totally in the now experiencing each moment as good and knowing that my future is bright and joyous and secure.



# Self Compassion Treatment Through the Day

Catch yourself in the Act:

- ▶ When you put yourself down / self criticism
- ▶ When you question your self worth
- ▶ When you are hosting your own PPP Personal Pity Party
- ▶ When you are feeling (toe-tapping) impatient or disappointed with yourself or someone
- ▶ When you are feeling physical, emotional, mental and or spiritual discomfort or pain or anger or fear or sadness

What would you say to a friend or do for a friend?

What do you say to yourself or do for yourself?

# Catch Yourself In the Act Self Compassion Treatments

- ▶ Humour - Who: I am Human
- ▶ Curiosity - Where: did this come from?
- ▶ Knowledge - Why: is this happening (again) / do I feel this way?
- ▶ Wisdom – What: can I do about this?
  
- ▶ Deeper Investigation:
  - ▶ Active “Be in it”: Feel - the emotion/ pain
  - ▶ Step back: Think - be aware of the emotion / pain (e.g., I think I am angry, afraid, in physical / emotional / mental / spiritual pain)
  - ▶ Step back: Analyse – be aware of the thought and reason for the emotion / pain – where did it come from, what does it look, hear, smell, taste, feel like; what is the antidote to healing the suffering

# Loving Kindness Treatment for Suffering & Pain

Change your suffering and pain with loving kindness

1. Identify it: Find the pain, anger in your body and describe it: does it feel good or bad or evil? Happy or sad? Funny or serious? What is the colour, texture, temperature? Does it have a scent / smell? Does it have a sound / make a noise?
2. Personify it: Imagine what it looks like, smells like, sounds like? Does it have a name, gender? Notice the look in its eyes. What is its emotional state? What is it feeling?
3. Ask it what it needs & Listen to it
  1. What do you want from me?
    - ▶ What I want from you is:
  2. What need do you have that drives what you want from me?
    - ▶ What I need from you is...
  3. If you get what you need how will you feel?
    - ▶ If I get what I need I would feel.....
4. Feed it: Lovingly give it what it wants and needs until it is satisfied. Has it changed? Has the look in its eyes changed?
5. Thank it: Feel the shift within you and thank your “friend”

# Self Compassion

Can you imagine what a Wonderful World this would be if we all practiced Self Compassion?

What a Wonderful World  
(George D Weiss / Bob Thiele)

I see friends shaking hands  
Saying how do you do  
They're really saying  
I love you

And I think to myself  
What a wonderful world  
Yes, I think to myself  
What a wonderful world



It was reported that George David Weiss wrote the lyrics specifically for Louis Armstrong as he was inspired by Armstrong's ability to bring people of different races together.

Thank you! With Love, Gratitude and Appreciation



Be Good to Yourself Be Kind to Yourself Love Yourself

**Be the Greatest Gift You Can Offer Others**

# Engage Your Potential!



*AIM for Success: Aspire, Inspire, Motivate*



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