



I UNDERSTAND
COMPASSION IS
A SUPERPOWER.

DAY.11

"Compassion is a sign of strength, not weakness".

The Buddha introduced the term 'Karuna' to describe compassion for others. Karuna is the understanding, the desire and actions to remove harm and suffering from others.

In a world full of isolation, that celebrates the ego, our thoughts and actions are mostly self-centred.

Even in the healing and transformational journey, the focus generally happens in a way that aims to make us feel good, and the others toxic, harmful, and guilty.

In order to resolve we might blame others in a way that fills us with hate and resentment, and away from compassion. True healing is a process that lets us forgive and understand others, but without being attached to their story, emotions, and actions.

Compassion allows us to connect with others and ourselves, and be free of harmful emotions.

Compassionate leaders lead from within. The qualities that they embody are encouragement, empathy, active listening, empowerment, helping people to open up, feel safe and heard.

A compassionate leader is always rewarded with generosity and kindness, and undeniable loyalty.

We grow in compassion every time it is tested. When we can break the cycle of emotional reactions. Life is our learning ground when we can stay present, and not get lost in our perception of reality. To zoom out, put ourselves in others' shoes. To focus on love & connection, vs 'winning'.

Compassion helps to soften our view. We relax. Our beliefs become more fluid. Open to be re-written. In its essence compassion is truly liberating for all.

DAY.11

Phrase of the day: 'Today I understand compassion is a superpower.'

PRACTICE

Start your day by listening to the 'COMPASSION' meditation (10min).

Throughout your day we invite you to **practice empathy**: That gateway to alter our limiting beliefs. Whoever you meet today, put yourself in their shoes and feel what they could possibly feel in order to behave, act, or say the way they do. It can be your colleague, a cashier, or a beggar on the street.

Notice if you find yourself feeling superior, resentful or indifferent to those around you. Or if you are in conflict with someone. Big or small. We invite you to observe. Instead of blaming or judging 'the other' we invite you to explore & question your experience of the situation. And instead of pointing out how you are different (further distancing), seek how you are similar (connection). **An easy but transformative way to come back to love and kindness is to realise that we are all one.** We are sharing the same qualities, emotions and behaviours. Notice we are all the same in some way. Even our worst enemies.

Use the '**JUST LIKE ME TOOL**' below. This tool, by spiritual teacher Ram Dass, invites us to be kind, open-hearted and forgiving. It's easy to love someone who is kind to us, but what about someone who is triggering us?

Think of a situation with someone with whom you are struggling to feel love, kindness or compassion for. And follow the instructions below:

- In the left column, you write his/her name, and below all the things that annoy you in this person
- In the right column, you write your name, and below you write just like me, next to all the 'annoying qualities'
- Then pause and think:
- Are you feeling/acting the same way towards this person?
- Are you feeling/acting the same way towards yourself?
- Are you feeling/acting the same way towards someone else?
- And fill in accordingly.