

Mindful Self Compassion
Allan Donsky talk
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The reality of the human condition

- Pain is here, suffering is optional and can be turned to healing and care
- Imperfection is our natural state and that is ok
- Pursuit of perfectionism is unattainable and a false solution
- There is always a curriculum to continue to work on
- Never get there and don't need to
- Just because we are broken does not mean we are incomplete
- Non helpful Puritan ideal...Have to wait till we deserve it

1. What compassion is not

- Pity
- Overwhelmed and flooding
- Forgiveness
- Letting self-off the hook

2. What is Compassion?

- Sympathy, Empathy and Compassion
- Being with suffering, pathos
- Root word for care related to courage, core, cardiac = heart
- Root word for heal related to health, healing, holy, holiday and wholeness
- Mindful practice creates space for the healing ingredients to arise spontaneously... acceptance, gentility, openness, letting go, release, opportunity

3. Why bother looking for it?

- It is one of the 4 stations of the heart (Compassion, Loving kindness and Equanimity and Sympathetic joy)
- Path to healing

4. What does compassion do?

- Softens
- Allows space for other healing ingredients
- Connect with fullness of ourselves
- See we are just as worthy as others
- Connect with the rest of humanity.

