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# Compassion for self and others

with Supervising Hoffman Facilitator Janet Burgis

**zoom**

Zoom ID : 867-7368-0120

Wednesday 29 April

7.30-9.00pm UK

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# Welcome

## What's on offer

Thank you for signing up to our Hoffman webinar. This session is going to be led by Supervising Hoffman facilitator Janet Burgis, and will focus on Compassion.

Janet will explore how, so often in life when we are in pain or upset of some kind, rather than moving toward ourselves with compassion and presence, we move away from ourselves. We may distract, ignore, shut down, numb out with our addiction(s) of choice, or even punish ourselves.

We are deeply conditioned with patterns of self-abandonment and of withholding love and care from ourselves, just as it was lacking in our childhood. Self-compassion, self-love and self-worth are powerfully healing.

There'll be some time for questions and sharing at the end of the session.



## What we ask of you

Our Zoom calls start at 7.30pm UK (you're welcome to log on from 7.15pm) and last until 9.00pm. Instructions will be given, but if you can, it's helpful to familiarise yourself in advance with how to mute/unmute your microphone, as there will be moments that require silence. For those taking part with video, it's also useful to know to switch from Speaker to Gallery view.

**As with all Hoffman events, we ask that you respect the confidentiality of other participants at all times and treat other one another with courtesy and respect.**

We will be recording an audio-only version of the webinar to share with other Hoffman grads who are unable to attend the live session. If you wish to remain anonymous, you are welcome to use the 'chat' function on Zoom to ask questions, rather than speak out loud. Your details won't be shared with others who are not taking part.

And one very important, non-technical bit - please make sure you have a notebook and pen!

## What next?

We hope that you will be inspired by this webinar to take part in similar events in future, as well as our daily Zoom Quad Check, which takes place every weekday at 8.00am. For details - as well as access to free visualisations, the Hoffman toolkit and more - visit: [hoffmaninstitute.co.uk/post-process-website](https://hoffmaninstitute.co.uk/post-process-website)



## What I learned

What I learned about self-compassion from my parents (*what they modelled*):

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How I am playing out what I learned from them in my life today:

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What this is costing me in my life:

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~John O'Donohue

*'When you are compassionate  
with yourself, you trust in your soul,  
which you let guide your life.*

*Your soul knows the geography of  
your destiny better than you do.'*

## Left Road map

Challenging situation:

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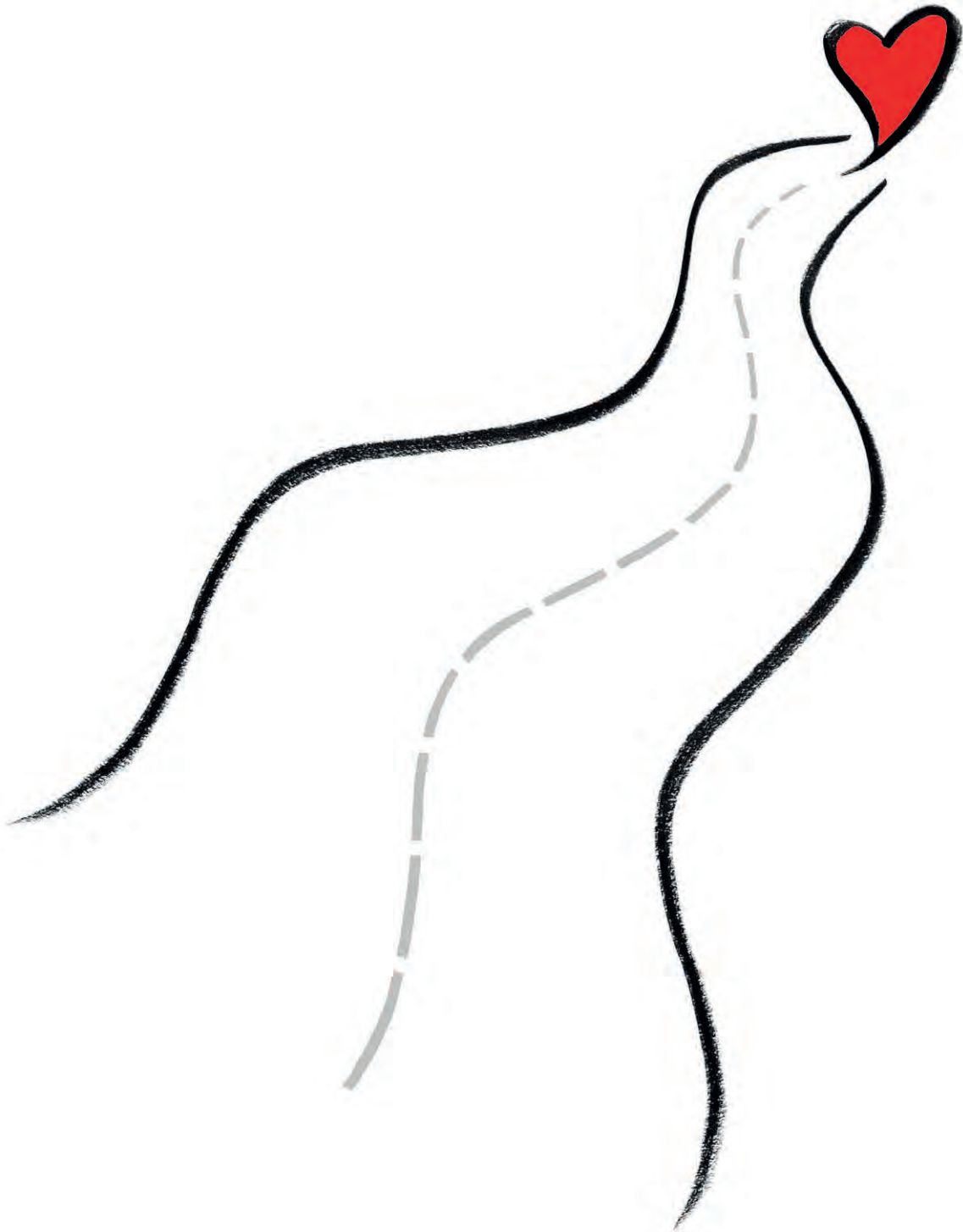


## Right Road map

Challenging situation:

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## Compassion reflection

What insights are coming to you about the patterns you go into in this situation?

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What is the negative impact on you? Your life? Your loved ones?

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What words did you speak that felt most loving and comforting? How old were you?

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What was your experience saying the self-compassion mantra?

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In this situation, how can you give yourself self-compassion?

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## Self-Compassion & Loving Kindness Practice

- Place your hands over your heart and breathe deeply. You might feel your heartbeat under your palm. You may feel the warmth of your palm against your chest, or the presence of one hand against the other. Notice your sensations.
- Now imagine breathing into and out of your heart center – as if your breath is coming into and going out of your heart. You may feel comforted by this. It may give you a sense of your own presence and/or tenderness toward yourself.
- Softly say the following words out loud (modify as needed):
  - ~ This is a moment of suffering
  - ~ Suffering is part of life, and all human beings suffer
  - ~ May I be kind to myself in this moment
  - ~ May I give myself the compassion I need
  - ~ May I be peaceful
  - ~ May I accept myself as I am
  - ~ May my suffering and sorrow come to an end
- Bring your attention back to your Body, tuning in to the sensations. Notice how your hand feels on your heart. Feel your heart beating. Take another deep breath. Open your eyes.

~Rumi

*'Don't turn away. Keep your gaze on the bandaged place.  
That's where the light enters you.'*

## Compassion Toward Others Reflection

What did you experience when opening to compassion **with strangers?**

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What did you experience when opening to compassion **with familiars?**

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What did you experience when opening to compassion **with those most intimate?**

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What did you experience when opening to compassion **with yourself?**

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## Patterns

- Adopted directly from parent: Mother/Father/Surrogate
- Learned in Reaction or Rebellion to parent: M-R / F-R / S-R

Pattern		Authentic Alternative & New Way of Being
<i>Self-doubt (at work)</i>	M	<i>White, luminous, sparkly energy I approached my project with more energy, confidence, and excitement. I felt playful when sharing my ideas with my colleagues – we were laughing and having fun while brainstorming. Everyone was engaged and felt included in the process.</i>



# Thank you!

Thank you for attending, and we look forward to welcoming you at future online workshops and events. Visit: [hoffmaninstitute.co.uk/post-process-website](https://hoffmaninstitute.co.uk/post-process-website) or remember to keep checking your newsletter for details.

We'd also like to thank Janet for hosting this webinar.

You can book one-to-one Hoffman coaching with Janet (and with other members of the Hoffman UK facilitator team) via our website: [hoffmaninstitute.co.uk/book-hoffman-coaching](https://hoffmaninstitute.co.uk/book-hoffman-coaching)

if you have found value in this or any of our free Zoom sessions and feel moved to make a contribution to Hoffman's running costs, you can do this via PayPal directly into the account: [www.paypal.me/hoffmanuk](https://www.paypal.me/hoffmanuk)

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## We're working remotely, but you can still get in touch:

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