



**Wellbeing
& Recovery
College**

Learn to Awaken Self-Compassion



Session 2



Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust



Check In

Home Practice Feedback

- Loving kindness
- Journaling/Drawing



Aims of today's session

- ▶ Explore ancient approaches from different cultures around the world
 - ▶ Experience a variety of different shamanic practices to grow your self-compassion practice
 - ▶ Explore somatic movement to cultivate self-compassion
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Shamanic Practices

- ▶ The struggle with self-compassion is not a new phenomenon
 - ▶ Ancient civilisations used techniques of self-compassion that are still very useful today
 - ▶ Shamanic practice is the custom of using traditional indigenous healing practices, many of which are found all around the world.
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Native American

- The two wolves fable
- Native Wisdom:
“ Be true to yourself first.
You cannot nurture and help
others if you cannot nurture
and help yourself first”



*I'm sorry
I love you
Please forgive me
Thank you*



Hawaiian Tradition

- ▶ Ho'oponopono - a practice of forgiveness, compassion, reconciliation and mental cleansing
- ▶ The power to change where we find ourselves using self-compassion
- ▶ The Ho'oponopono prayer: I'm sorry, I love you, please forgive me, thank you

Aboriginal Shamanism

- ▶ Aboriginal Totems (power/spirit animals)
 - ▶ What are the qualities you want to show yourself in compassion?
 - ▶ Which animal/s embodies these qualities?



European Spiritualism

Your compassionate friend may be more of an etheric figure.

Angelic figures have many qualities that can help us with self-compassion - such as kindness, unconditional regard, comfort & self-forgiveness.

➤ Ancient Celtic 'Anamchara'





Buddhist/Eastern Philosophy

- ▶ “You can search the whole tenfold universe and not find a single being more worthy of love and compassion than the one seated here—yourself.” Buddha
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Loving Kindness

- “Overcome any bitterness that may have come because I am not up to the magnitude of the pain that has been entrusted to me.” Sufi prayer





Somatic Movement

- ▶ Our body is:
- ▶ The source of information about our emotions and needs
- ▶ The wise teacher that we need to teach us how to respond to these emotions and needs
- ▶ The gatekeeper allowing us permission to tend to our bodies
- ▶ The nurturing arms needed to soothe our distress
- ▶ Capable of offering us spiritual connection and joy



Home Practice



Work on

Work on the Totem
or Spirit
Animal/Friend
practice

Try

Try to practice the
progressive muscle
relaxation as often
as you can

Notice

Notice opportunities
for self-compassion
during your week. If
you find yourself
speaking harshly to
yourself, try to offer
yourself a few
phrases of gentle
compassion
instead.



Next Week

We will be exploring...

- ▶ Mindful Self- Compassion
 - ▶ The Yin and Yang of Self-Compassion
 - ▶ The RAIN method
 - ▶ Affectionate Breathing
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