

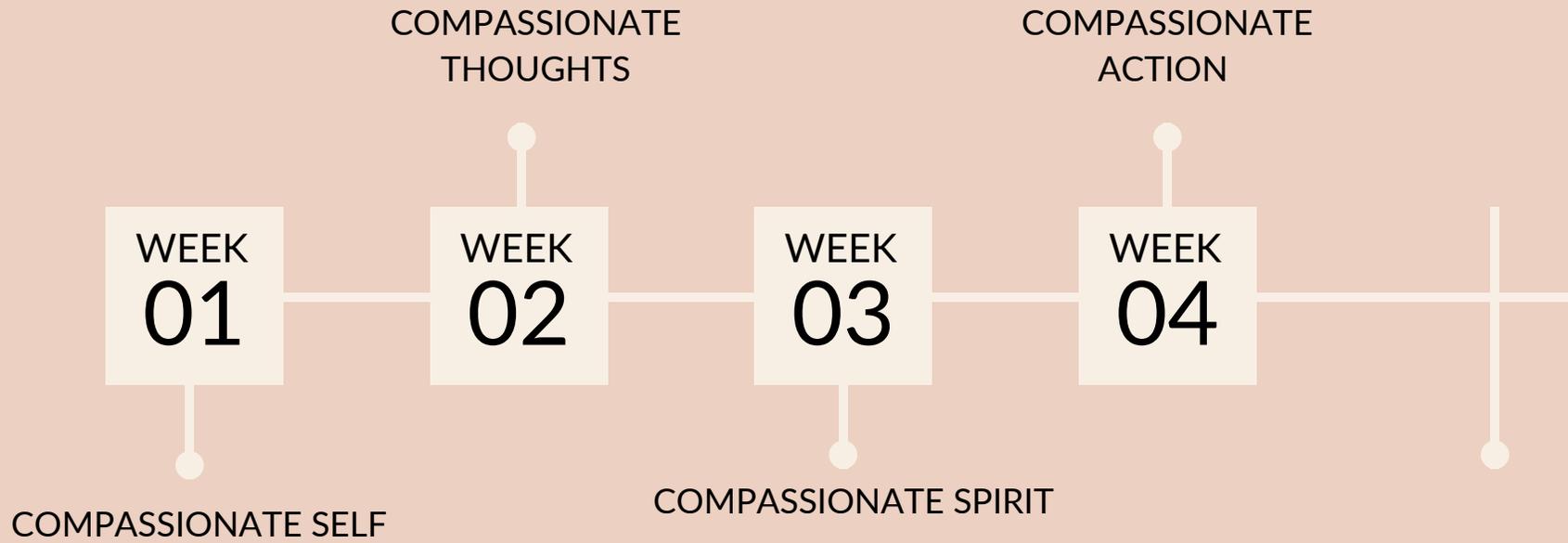


I Love This For YOU!

Week 3

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Timeline





Week 2 Review

- Judging Thoughts.
- Positive Thoughts.
- Practicing Positive Thoughts.
- Homework to stretch your mind & focus on self compassion, creativity, and imagination



Name one of your three daily thoughts from this past week.

Put your answer in the chat.

What You Can Expect Week 3



**High Value
Questions**



**Looking for
Compassion**



**Compassionate
Spirit**

A dried flower with a dark brown center and light brown petals is positioned in the center-right of the frame. To its left, a dark shadow of the flower is cast onto a textured, light-colored background. The overall color palette is warm and muted, consisting of various shades of brown and beige.

Compassionate Spirit

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Imagine your spirit or highest self.
How would your highest self describe you in three
words?

Put your answer in the chat.

What is Spirit?

- The nonphysical part of a person, the seat of emotions and character, the soul.
- A pre-verbal experience of being.
- We tap into and express spirit in non-verbal and verbal ways (dance/movement, art, meditation, prayer, music, etc.).
- We seek a harmony between body, mind & spirit.

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Compassion as a spiritual practice

Compassion is a feeling deep within ourselves and a feeling like "quivering of the heart."

(Frederic & Mary Ann Brussat)

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Compassion as a spiritual practice

- "Being affected by the suffering of others and moving on their behalf."
- A "way of acting."

(Buddha, Jesus, Eckhart Tolle, MLK Jr, Gandhi, Mother Theresa, Paulo Freire, Lilla Watson, Brussat & Brussat, etc.)

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How to Open your Heart

- Allow yourself to be feel the suffering in the world, including your own.
- Move toward it with caring.
- Go into situations where people are hurting. Identify with your neighbors in their distress.
- Expand compassion to other people, creatures, nature, and the inanimate world (eg. art).





Liberation

“If you have come here to help me you are wasting your time, but if you have come because your liberation is bound up with mine, then let us work together.”

— Lilla Watson (visual artist, activist and academic working in the field of Women's issues and Aboriginal epistemology)

Obstacles to compassion

Heart can close when...

- We hold personal, unexplored/unresolved pain.
- Use common judgments: racism, sexism, ageism, classism, nationalism, homophobia, ableism, etc.
- We see ourselves as separate individuals, distinct from others and their experiences.

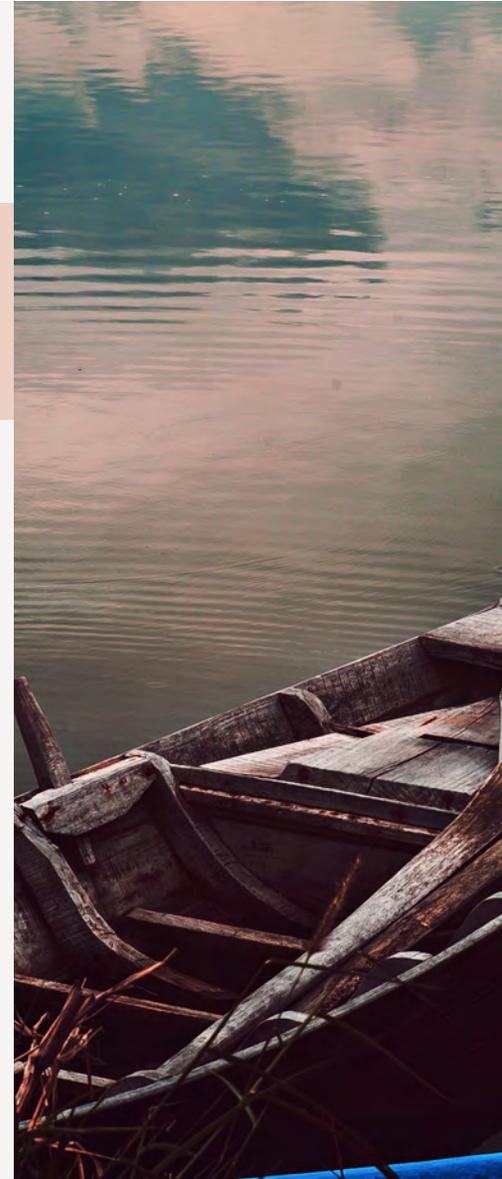
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Empathy

- Capacity to understand or feel what another person is experiencing from within their frame of reference.
- The capacity to place oneself in another's position.

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Empathy and Pain

- Are you deeply empathetic?
- Do you feel like you feel/carry the pain of others?
- When you see pain in others, do you generate feelings of hurt or wounds in yourself?
- Do you struggle with setting boundaries or not absorbing the pain of others?

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Empathy and Pain

A reminder from Martha Beck when seeing the pain of others.

"That is not your pain to carry."

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Taking on the pain of others

- ❑ A way to avoid our own pain.
- ❑ Invalidates other person, "steals" from them, suggests they can't handle it.
- ❑ Centers pain around self instead of the other person.
- ❑ Increases the amount of pain in the world.



Responding to the pain of others

- Recognize pain belongs to another & is also collective.
- Identify when your own pain is activated (pain body, ego).
- Process and discharge pain (art, breathing, move, writing, nature, meditate/pray, jump, touch).
- Reflect on value-based actions and follow through.

A photograph of a dried, brown flower with a dark, textured center and several thin, dried petals. The flower is positioned in the center-right of the frame. To its left, a dark shadow of the flower is cast onto a light, textured background. The overall color palette is warm and muted, consisting of browns, tans, and soft greys.

Compassionate Spirits Apologize

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Why apologize

- ☐ Repair relationships.
- ☐ Personal responsibility and values.
- ☐ Increase compassion in the world.
- ☐ Self awareness & self compassion.

Why apology is self compassionate

- Personal insight.
- Feel compassion for others.
- Empathy in action.
- Aligns with value of compassion.
- Practice forgiveness of self and others leads to compassion and even joy.

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A sincere and effective apology

- Understand you did something hurtful.
- Feel sorry for the hurt you caused.
- Communicates genuine empathy, remorse and regret.
- A promise to learn from your mistakes.

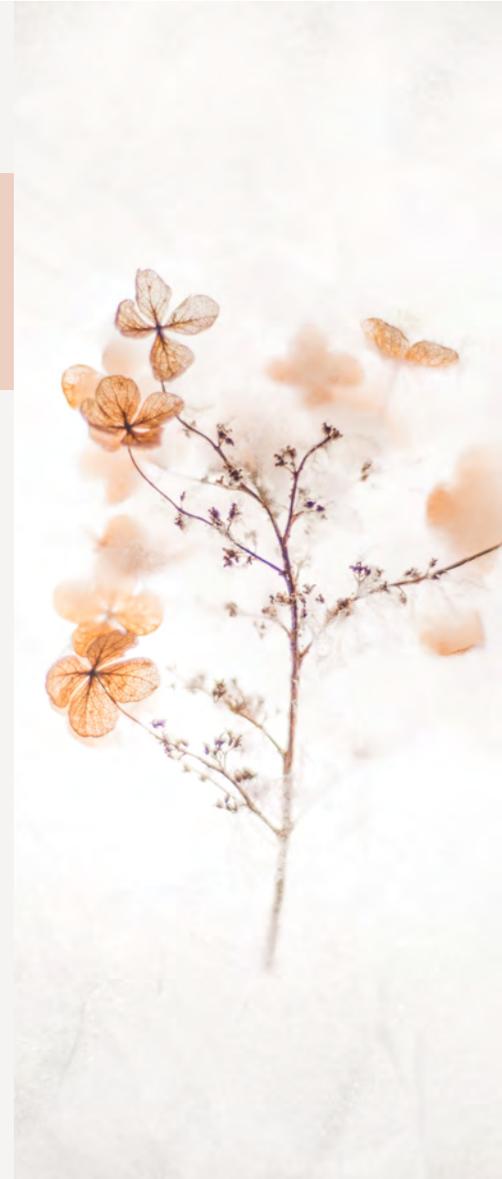
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Apology Formula

- Name the offense.
- Name the pain it caused.
- Take responsibility and apologize.
- A plan for the future.
- An explanation...maybe.

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Example: Apology to another

I took your last piece of birthday cake and I know that upset you because you wanted to have it for breakfast. I'm really sorry I ate it and left you disappointed and upset. Next time I will make sure to discuss your birthday cake with you. I stayed up late watching Netflix eating on auto-pilot and that was bad for me and hurtful to you.

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Example: Apology to another

I see you are upset and I want to apologize for my part. I did not intend to upset you, but never the less, I see I have hurt you and I want to take responsibility. I am sorry for hurting your feelings and next time I will talk with you before I make a big decision which clearly impacts us both.



A dried flower with a brown, textured center and thin, light-colored petals is positioned in the center-right of the frame. A shadow of the flower is cast onto the background to its left. The background is a soft, textured gradient of light beige and brown tones.

A word on forgiveness

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What is Forgiveness?

- Conscious, deliberate decision.
- Release feelings of resentment or vengeance toward a person/group who hurt you.
- Regardless of whether they actually deserve your forgiveness.
- "I choose to forgive you so I can feel better."
- "I choose to put down this burden of resentment."

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Forgiveness is Self Compassion

- Forgiveness is NOT total absolution, or an erasing of the wrongdoing. This ignores hurt & it will return.
- Forgiveness is a **letting go of the negative feelings towards self and others** (including guilt and shame).
- Forgiveness is for YOU (the person who is hurting) & not about those who wronged you.

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A photograph of a single, dried flower with a dark brown center and light brown petals, set against a soft, light-colored background. A dark shadow of the flower is cast on the left side of the image. The text 'Ho'oponopono' is written in a large, black, serif font, with a small apostrophe over the 'o'. Below it, the pronunciation '(pronounced HO-oh-Po-no-Po-no)' is written in a smaller, black, serif font.

Ho'oponopono

(pronounced HO-oh-Po-no-Po-no)

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Apology to self, other & universe

Ho'oponopono

(pronounced HO-oh-Po-no-Po-no)

- Ancient Hawaiian practice of forgiveness.
- Reconciliation.
- A tool for restoring self-love and balance.
- A mantra for self-love.

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Ho'oponopono

Translation

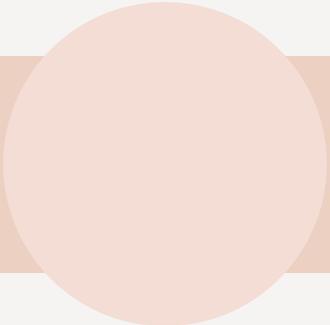
"to cause things to move back in balance."

or

"to make things right."

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Ho'oponopono

HO-oh-Po-no-Po-no

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

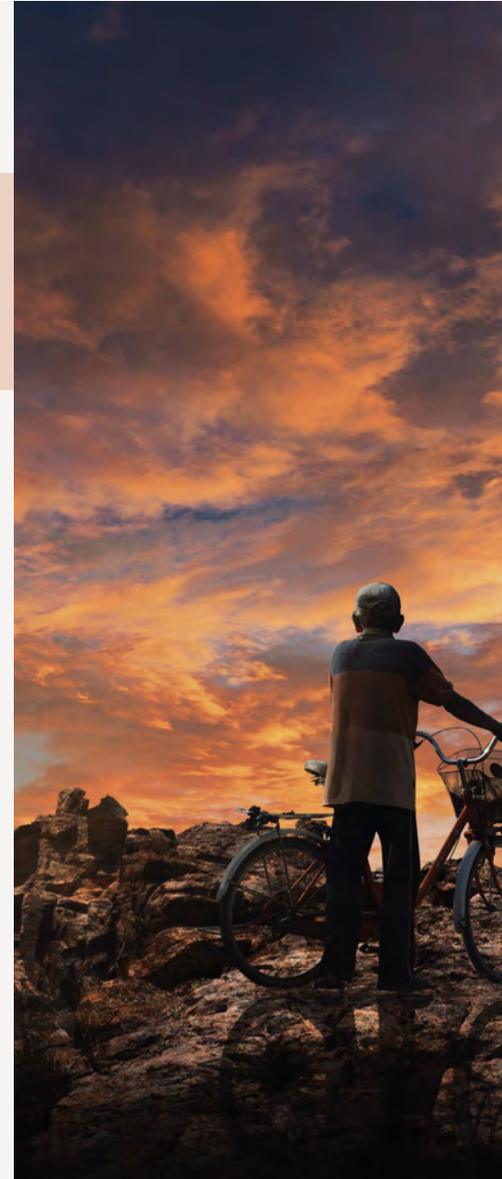
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Ho'oponopono

- To cleanse guilt, shame, haunting memories, ill will, or bad feelings.
- Helps stop fixation on negative thoughts and bring peace to our inner monologue.

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Does Ho'oponopono work?

- Experimental group (experienced ho'oponopono).
- Control group (did not).
- Measured unforgiveness (motivations for revenge and avoidance).
- Participants were surveyed on their feelings before using the process, immediately after, and two weeks later.

Matthew B. James, PhD, president of Kona University

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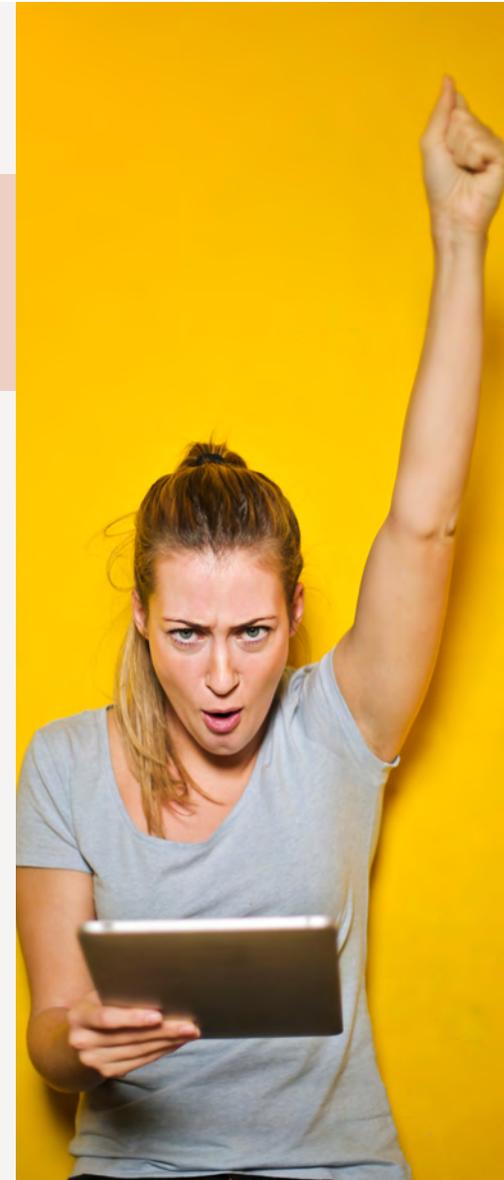


Ho'oponopono Results

The group practicing ho'oponopono experienced a statistically significant reduction in unforgiveness compared to the group who did not.

There is an abundance of experimental research demonstrating significant impact from prayer, guided imagery, placebo, and meditation.

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Self
Forgiveness
as a
Healing
Practice

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Ho'oponopono

Select something **small**
which is bothering you.

(someone cut you off in traffic, **small**
frustration at work, etc.)



Ho'oponopono

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

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How do you feel after the
Ho'oponopono?

Put your answer in the chat.



Self Compassion Actions

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How would you feel if you gave yourself 100% permission to be yourself?

Put your answer in the chat.

Make a Commitment

noun: the state or quality of being dedicated to a cause or activity

verb: actions which reflect your values

- **Committed action** is behaving in the service of your self compassion.
- **Behavior change** includes creating opportunities to respond differently & ongoing decisions to alter how you typically respond.

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Take Inventory

Are you using all these evidence - based strategies to help you succeed?



Committed Action

- Commitment of 1% of each day this month (20 minutes a day).
- Is connecting with your spirit important enough for you to set aside time for self compassion and self care?

YES!

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Committed Action



What would you do if you gave yourself 100% permission to chase your dreams?

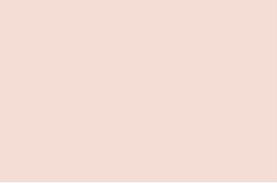
Put your answer in the chat.

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A photograph of a dried, brown flower with a textured center and thin, papery petals. The flower is positioned in the center-right of the frame. To its left, a dark shadow of the flower is cast onto a light-colored, textured surface, possibly a wall or a piece of paper. The background is a soft, out-of-focus gradient of light brown and beige. The overall mood is contemplative and artistic.

Homework Example

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Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

1

High Value Questions

2

Noticing Compassion

3

**Compassion
in
Spirit**

4

**Creative
Expression &
Reflection**



Low Value Questions

Week 3: pg. 39

What is wrong with me?

Why am I so stupid?

Why me?

How am I so slow?

Why can't I ever decide what to do?

How do I keep messing things up?

Why am I so unlucky in love?

Why I am always so anxious?

These questions invite your brain to look for the negative and tell you terrible things about yourself!

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High Value Questions

Week 3: pg. 39

What is amazing about me?

What did I do well?

What am I most proud of in my life?

How have I survived?

What I grateful for?

Where have I added value?

Who do I love?

What do I love doing?

What is interesting about me?

These kinds of questions invite your brain to appreciate you, your relationships, and contributions.

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Example: High Value Questions

What is amazing, interesting, cool, fun, or enjoyable about me? What did I do well? How much have I accomplished?

I love to knit and make all kinds of art.

I read and write everyday.

I have a good sense of humor.

I set a big goal this past year and even though I have fears, I am bravely making progress!

I had so much fun celebrating my son's birthday.



Noticing Compassion

Week 3: pg. 40

What compassionate thoughts have you noticed this week?
How can you use this experience to create more self
compassion?

- Paying attention to compassion and self compassion creates more opportunities to think and at compassionately.
- Have you noticed this already?
- The more you look, the more you find!



Example: Noticing Compassion

Week 3: pg. 40

- I moved from judging thoughts ("How rude!") to compassionate thoughts about how people express frustration ("I think they are in pain").
- I had negative thoughts about myself sleeping in, then judged myself about the negative thoughts...and then finally laughed and eased into self compassion.
- In my mind, I projected my relationship onto a friend's relationship and I paused before I responded to her text about a relationship problem.

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Compassion in Spirit

Week 3: pg. 41

- Remember - Your spirit is the nonphysical part of you, the seat of emotions and character, the soul.
- Imagine you are full of light and energy and embodying your highest values. How do you see this kind, generous part of yourself treating others? Treating yourself?



Example: Compassion in Spirit

I am as delicate as a flower,
as powerful and deep as the ocean,
as beautiful as the universe,
and as worthy as everyone else.
I am filled with gratitude as vast as
the sky.

I am open to new possibilities.



Visual Expression

Week 3: pg. 42

- Show the show some aspect of your highest, most compassionate self using lines, shapes and colors.
- It could range from just one line to a fully fleshed-out, abstract or representational picture.
- Be spontaneous.
- Enjoy!
- However you do it will be great!



Visual Expression pg. 42

Title: ebb and flow

Three words or phrases to describe my art:

movement

happy

universal

How I feel: interested, gratitude, connected



Week in Reflection pg. 43

- Reflect on what you learned about your compassionate, higher self this week. This summary is essential to create meaningful learning.
- Appreciate your strengths, and focus on your positive actions.
- Notice your thoughts, feelings and actions in alignment with your compassionate spirit.
- Avoid judging yourself for what you did or did not do this week. If you do, do it with compassion.



Reflection p. 43

- I am moving towards more non-verbal expression of my spirit.
- I love the idea of being vulnerable and authentic with others. Even though I feel uncomfortable doing so, I am willing to take the risk for to share my authentic self and be more known by others.
- I am open to receiving just as much as I am open to giving. I see now the two go hand-in hand and only exist together.
- I loved making this week's art with mixed media and adding layers.



What questions do you have?

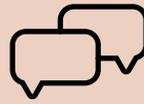
Put them in the chat or message me.

What To Do Next



Review

Review your reflection from last week. What is the most interesting part for you?



Make the commitment

Schedule 20 minutes a day & write it on your planner.



Week 2

Read and complete Week 3 worksheets.



Want More?

For supplemental inspiration about your values and self kindness, find me each Friday at noon PST on IG live or watch it later on my page.

@dramybackos

See resource section at the back of your workbook.

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Intensive Coaching for those who want to commit more seriously to personal growth.

Includes:

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Values workbook

\$1500

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\$1000

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A close-up photograph of a dried, brown flower with a textured center and several thin, dried petals. The flower is positioned in the center-right of the frame. To its left, a dark shadow of the flower is cast onto a light-colored, textured surface, possibly a wall or a piece of paper. The background is a soft, out-of-focus gradient of light brown and beige tones.

Thank you!

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