

HANDOUT 2.1: COMPASSIONATE WEEKLY REFLECTION

Let's do a curious friendly reflection on this past week:

Which part of the self-practice did I do and why?

Which part of the self-practice did I not do?

Was this due to any anxieties or block regarding the practice or the path? Which ones can you identify?

We extend gratitude, respect, and compassion to the resistances: What would make you and your resistances feel safer in going forward in this path?