

## HANDOUT 2.9: COMPASSIONATE COMPASS

There are moments in our days or weeks in which we might feel like we have lost our direction; at times we're not fully aware of it, rather it comes as a feeling of distress, discomfort, irritation, or disconnection.

How can we re-orient ourselves?



You might think of having a compassionate compass with you, that you can take out of your back-pocket and use to still your mind, slow down your breath and root yourself in your compassionate motivation.

You might want to practice using your compass first thing in the morning: instead of jumping out of bed thoughtlessly as soon as the alarm goes off, picking up your phone or switching on the tv, you can spend a moment orientating yourself to the new day.

While still under the duvet, you can engage in soothing rhythm breathing, welcome yourself to the day with a friendly voice whispering *"Good morning"*, setting your compassionate intention for the day - imagining what it would be like if you were at your compassionate best, how would you feel, how would you connect with others, how would you act. And then begin your new day.

Try this practice for a couple of days and then write down what you notice when starting the day in this way; remember, you can take out your compassionate compass in any moment of the day to re-orient yourself.