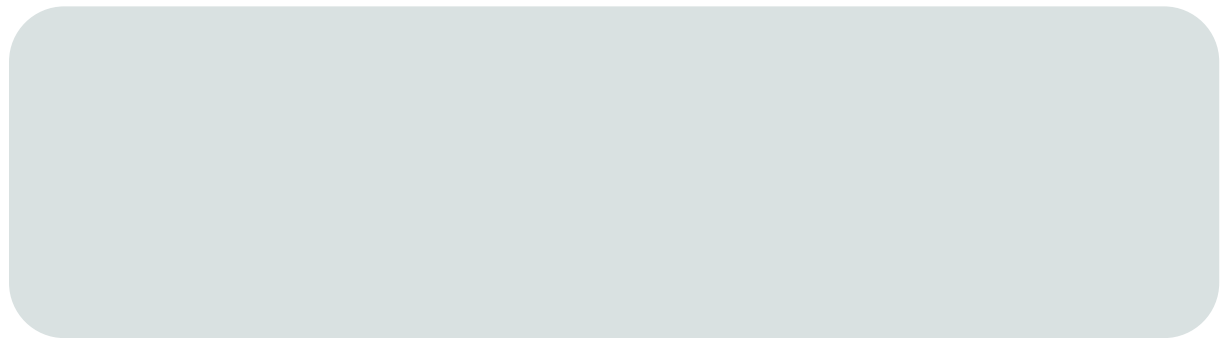


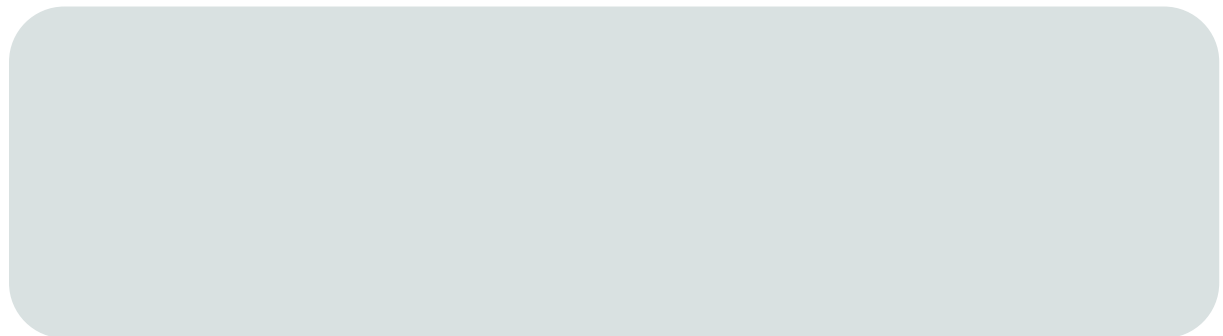
HANDOUT 4.7: GETTING TO KNOW YOUR COMPASSIONATE IMAGE

Try answering these questions, which will help you reflect on what you would really like to receive from a compassionate presence. Remember that this image possesses three very important qualities: the wisdom derived from the knowledge that we are all here, on this Earth, without having chosen our complex brain, place, or family into which we were born; the strength, determination, and courage to cope with our difficulties and suffering; and the deep desire to be supportive and to alleviate our pain and suffering.

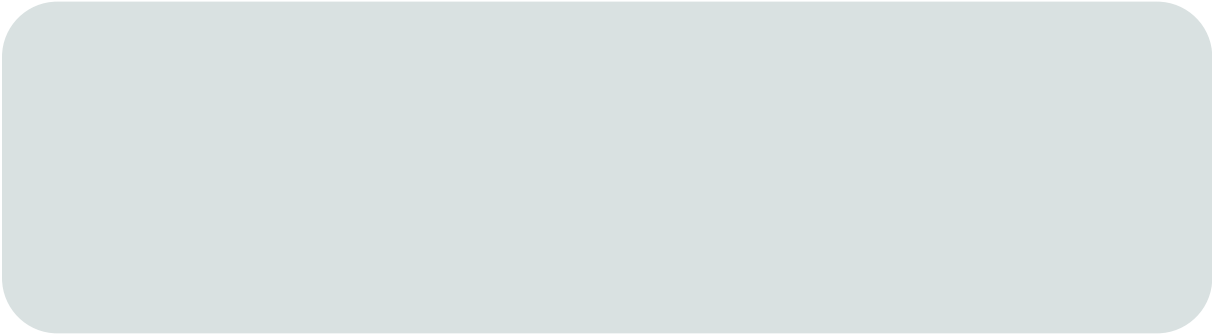
How would you like your compassionate image to appear (e.g., human or non-human features, male or female, age - try to reflect on his or her visual image - eye colour, hair length, facial expression). Is he or she standing beside you or in front of you? Remember that you may not get clear images but rather a vague idea, a hint of what you would like this figure to look like - that's perfectly fine.



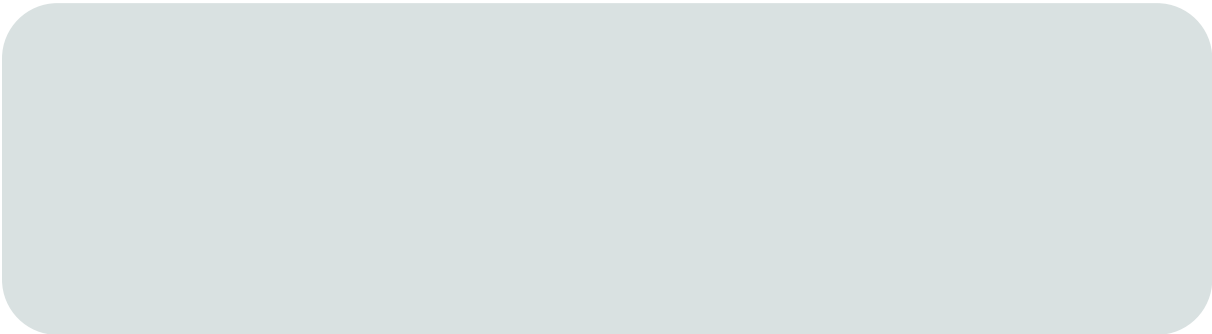
What sounds would you like to characterize your ideal compassionate image (ex: volume and tone of voice)?



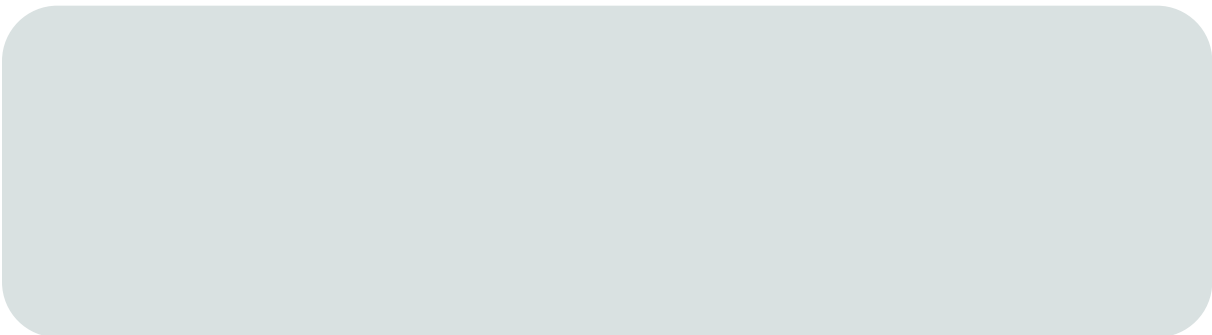
What other sensory qualities would you like it to have?



How would you like the compassionate image to relate to you?



How would you like to relate to this compassionate image?



Focus on what you feel most helpful about the image. Always consider the three core qualities of a compassionate image:

- *Wisdom/insight*
- *Strength/determination*
- *Commitment/dedication*

