

HANDOUT 4.8: WRITING A LETTER TO YOUR COMPASSIONATE IMAGE

Imagine writing a letter to your compassionate image. You can write it by hand and place it in an envelope, perhaps actually putting it in the mailbox; or you can write it on the computer and use a program that allows you to receive it as an email in 5 years (<https://www.futureme.org/>).

Imagine writing to your compassionate image who sees you through their great wisdom and nonjudgment, great solidity and desire to be there for you and with you, especially in the most difficult times.

What would you need to say right now to your compassionate image, knowing that you will not be judged in any way and that it is there with the deep desire to help you, whatever you might be going through (including difficulty with experiencing compassion!)?

What questions would you like to share, knowing that you will receive unconditional acceptance, but not necessarily an answer?

You can begin your letter like this:

Dear compassionate image (or, if you have a name or a nickname, you may go with that)

Thank you for appearing, I just met you....