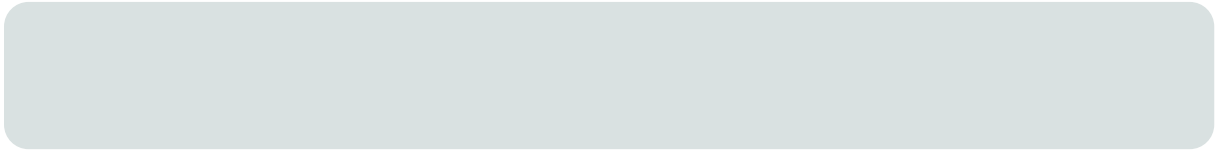
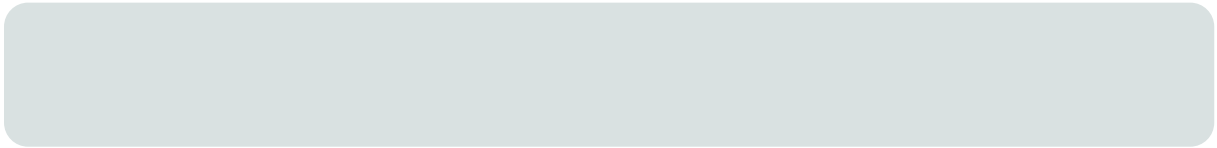


HANDOUT 5.4: THE INTENT OF MY COMPASSIONATE SELF

Why do I want to develop my Compassionate Self? How do I want it to help me?



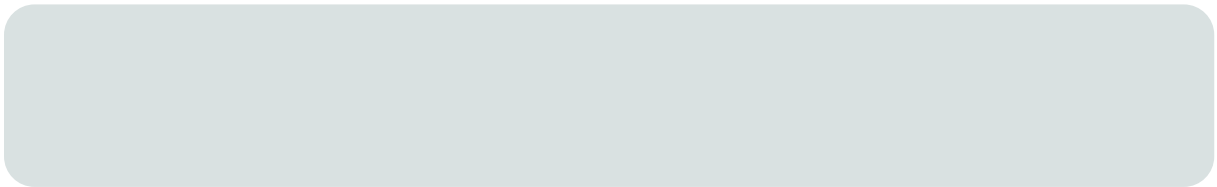
What qualities do I already possess that belong to the Compassionate Self? What other qualities do I need to develop?



What will help me as I cultivate my Compassionate Self more and more in my life?



What obstacles might I encounter within me and outside of me?



How will I try to accept and overcome these obstacles?

