

Compassionate Self in Real Life



HKU
SWSA

Department of Social Work and Social Administration
The University of Hong Kong
香港大學社會工作及社會行政學系



Exercise

Bringing your
compassionate self into
real life (on the campus)

For the next 20 minutes...

You would have an opportunity to embody in a compassionate version of you, and to express your care, warmth and support to a person or being on the campus.

1. Ground yourself in a breathing rhythm that is calming and soothing.
2. Try to engage with your caring commitment, wisdom and strength.
3. Leave the classroom and walk around the campus embodying your compassionate self...
 - Body posture
 - Walking style
 - Facial expressions
4. Give your attention to note if any person / any being that may be in hardship, distress or difficulty. The hardship, distress or difficulty could be small and non-spoken.
5. Engage in the compassionate version of you, how would you like to express your compassion towards this person / being?
 - Voice tone
 - Words you say
 - Actions you take

Reflection

- How was the experience of walking around in your compassionate self (embodiment) on the campus like for you?
- What did you notice or discover in this experience?
- How did it feel to direct compassion to someone / a being you care for?
- Did you experience any blocks in the process? If yes, what may be helpful to navigate over the blocks?



Thank you!



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