

## Cultivating Kindheartedness: Compassion and Gratitude



### Widening the Circle of Compassion

*Only in an open, nonjudgmental space can we acknowledge what we are feeling. Only in an open space where we're not all caught up in our own version of reality can we see and hear and feel who others really are, which allows us to be with them and communicate with them properly. (Pema Chodron)*

### Cultivating Kindheartedness:

- Observe
- Recognize
- Accept
- Breath
- Self Care

How can we allowing contractions to open up and release? What self-care practices allow this release to occur?



### Sending Well-Wishes to self and others

*May I be happy and content.  
May I be safe and protected.  
May I be healthy and strong.  
May my life unfold with ease.*

### Cultivating Gratitude

*In daily life we must see that it is not happiness that makes us grateful, but gratefulness that makes us happy.*