



## LIVING THE SKILL

### 'COMPASSIONATE CONNECTION'

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1. Come present to your breath, to this moment, to this now.
  2. Attune to a Presence within beyond your body, emotions and thoughts.
  3. Breath into the loving neutrality of this inner Presence.
  4. Open yourself to receive of the blessings that this inner Presence can offer you at this time.
  5. Set the intention to experience Compassionate Connection as you relate to others and the world as a mirror.
  6. Describe any person or situation that moves you, either negatively or positively.
  7. Describe what you observe in this situation.
  8. If that situation was a mirror, what could it be reflecting back to you about you either literally or in symbolisms, metaphors, or analogies?
  9. You can also ask yourself: “Under what circumstances could I be / do or have been / done what I see in the other person or situation?”
  10. Take some time to notice and experience Compassionate Connection with yourself and others.
  11. If needed, use the skills “Clear Thinking” and “ Clear Feelings”
  12. Notice and / or journal any awarenesses.
  13. Thank your partner.
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**“Great communication begins with connection.”**

Oprah Winfrey

**“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor and some style.”**

Maya Angelou

**“Creativity is the power to connect the seemingly unconnected.”**

William Plomer