

## SESSION 4

# CULTIVATE LOVE AND COMPASSION



### Exercise 1

#### Your listening post

Is there a place where you feel most connected eg. with nature/life/others? It can either be somewhere you go physically or somewhere in your imagination. Each time you go there, make yourself comfortable. Think of yourself plugging into a root system that can draw up insights and inspiration as well as other 'nutrients'. To receive guidance, all you need to do is ask for it, and then listen.

### Exercise 2

#### Mapping your support network

Write your name in the centre of a sheet of paper. Around your name, write down all the people you feel supported by, and draw an arrow from each name to yours. The more support you get from them, the thicker the arrow you draw. Write down the names of people you play an active role in supporting. Have an arrow from your name to theirs, and the more support you give, the thicker the arrow.

Who are the believing 'mirrors'?

These are the people who reflect a positive belief in you and what you do. Put a circle by their name.

Looking at your network as a whole, how do you feel?

Are there any changes you would like to make?

Are there some relationships you would like to strengthen, perhaps others you would like to back away from?