



Discover the healing power of compassion

Article by: Angela Potes



For centuries, traditional wisdom has used the power of compassion as one of the core forces for physical and mental healing. From this perspective, mind, body, and soul are believed to be interlinked as one integral unity, and so, what we think and how we feel hold a direct impact on our bodies and our health.

Compassion-based approaches offer a nonjudgmental view to allow healing. It explores the thoughts in the mind and their direct experience in the body. These approaches offer a way to address our suffering by attending to disguised trauma that has been overtly expressed or suppressed over time. **This is a relational modality of therapy, inviting us to relate differently to ourselves, with the other, and with our surroundings.**

The healing power of compassion

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It is not so novel to hear about the importance of ancient oriental-based approaches, known to be cornerstones to healing and promoters of healthier, joyful, and fulfilling lives. These hold the notion that mind and body are intertwined, and that these directly impact the balance and harmony of our bodies and overall well-being.

Such traditions, also hold the understanding that the human experience involves a journey to remembering our wisdom. A journey that cannot be without compassion. Humanity is continuously learning and transforming, as part of a collective, expanding spiritual evolution.

There is an increasing interest in the West to further deepen these teachings. Not only Practitioners and researchers are being called to study them thoroughly, but more and more people are trying out different healing modalities. For instance, Mindfulness practices have become very popular and in high demand.

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Moreover, new approaches based on compassion are blooming with promising results. **Compassion acknowledges the healing power of love**, and is, with no doubt, an invitation to embark on living a new healing era.

“In separateness lies the world’s greatest misery; in compassion lies the world’s true strength.”

Buddha.



What are compassion-based practices?

The term "compassion" literally translates to "suffering together". It recognizes someone's distress and aims to alleviate it.

In therapeutic modalities based on compassionate teachings, suffering is alleviated through a gentle exploration of the mind, and its patterns, discovering what is truly blocking the healing experience. While exploring interpretations from the mind creating suffering, it attends to bodily sensations and emotions, emerging in the present moment.



How can compassion support our health and well-being?

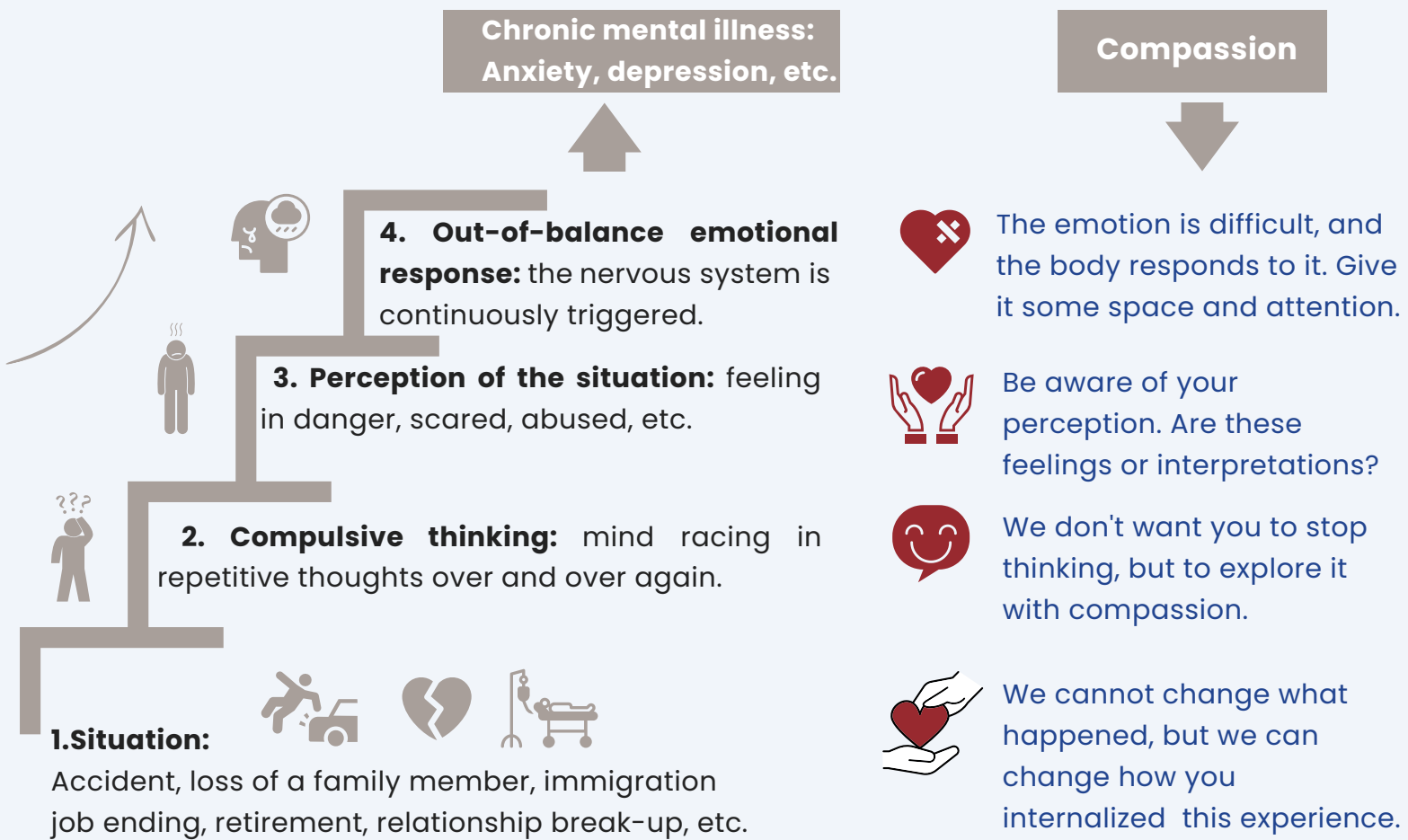
We live in a society that for generations numbed our emotions and conditioned the way we think, feel and behave. Many of us are not even aware of how unsatisfied our lives may be. Unfortunately, this has a toll at an individual and societal level: **trauma is disguised. In time, our body pays a high cost. Holding onto emotionally unresolved situations and unprocessed bodily sensations, the body may later develop illness or disease.**



Compassion offers a new way to relate to ourselves, with others, and with our surroundings. **In compassion-based psychotherapy,** we deepen into the mind, uncapping unconscious drivers which us make think, feel, and act. **We discover the obstacles blocking a joyful and healthier experience for ourselves. Then our life choices will dramatically change, leading to more fulfilling lives.**



How does compassion support mental health?



Compassion invites us to look at things differently and to attend to our emotions, not to change them. This results in a diminished mental and physical future response.



Is Compassion-based Psychotherapy right for you?

Compassion-based Psychotherapy offers an individual approach to exploring a specific circumstance through awareness and compassion. **It invites the discovery of our true self, deepening our understanding of our needs and what actions to take.**

Take a moment and answer these three questions before booking an appointment.



Are you ready?

Not all of us are open to sharing our vulnerability. Are you ready to open up? Are you ready to go deeper? Are you ready for an amazing transformational change?



Are you willing?

This journey also requires the acceptance of unexpressed emotions, attending to our body's sensations, and taking assertive action. Are you willing to do the work?



Do you trust the process?

Trust is the absence of faith. Wherever you are is more than okay. There are no setbacks, only progress. Are you ready to be patient and trust?

"Compassion is a path of kindness and assertiveness, all in one."



Disclosure: This treatment modality does not intend to replace medical treatment. You will be referred to another professional, if I feel they can better serve you.