

Embodiment of True Compassion and Loving Kindness

Most of us haven't learned how to be compassionate and kind towards ourselves. We often learned to be efficiently perfect or self-sacrificing pleasing, but rarely did we experience true compassion in our childhood. Compassion and patience are the innate qualities to every human being, these qualities when utilized, become the essential embodiment for every therapist.



Especially as therapists, we are often caught in the 'helper syndrome', feeling that I only have worth and value when I help others, which can lead to overrunning our boundaries by being endlessly available to the client. True compassion has to start first with self-respect and learning to be kind to our bodies, hearts and minds.

False compassion often gets expressed through a filter of guilt and shame. To be able to embody true compassion we have to overcome collective beliefs and concepts about what it means to really help somebody and what it means to be in service. This can only happen, once we learned how to be kind, not only to ourselves, but also to life's challenges.

Compassion is a very essential tool for every therapist. Only through embodying true compassion towards ourselves can we really be patient and supportive with the client in their growth and transformation.