**CULTIVATING INNER WARMTH**

**THROUGH THE SKILL OF SELF COMPASSION**

Class 1

**Slowing Down And The Waiting Place**

**UNCONDITIONAL LOVE RECIPE – CLARE’S BLEND**

NOTICE WHAT’S ALIVE IN YOU - WITHOUT FINDING ANYTHING RIGHT/WRONG or MAKING AN ENEMY OF

WHAT RISES DOES SO, NOT TO HAR, BUT TO *REVEAL*.

NOTHING TO BE ‘DONE’ – EXCEPT TO BE AND LISTEN WITH HEART

NOT *WAITING* FOR LIFE TO ‘GET BETTER’ – TOMORROW ISN’T OURS UNTIL IT ARRIVES

TRUSTING THE INNATE WISDOM OF YOUR *HUNGER* YOUR *LONGINGS,* AS A GUIDEPOST TO BUILD THE LIFE YOU ARE LONGING FOR.

ALL *INNER REACTIVITY* TAKES PLACE BECAUSE YOU HAVE *NEEDS*, AND THEY WILL PUSH PULL AND SHOUT LOUDLY, BECAUSE THEY LOVE YOU.

**GENERAL OVERVIEW**

The human race is suffering from a separation sickness, a disconnection from nature, natural living, vulnerability (our natural state) and from one another.

Through the sensors in our skin we are hard wired for touch, and belonging with all life, our sensors will seek this till we die.

Within early relational experiences, which caused shock in our bodies, we needed to stay out of unworkable bodily states of fear, pain, loss, and grief. Those times when we were not held with warmth in order to integrate our young bodies. Therefore, adult life becomes a returning, re-arrival into our bodily senses.

We used somatic and autonomic lenses to form protection. We had to establish this network of protection in order to fit in and to survive.

It is these protective structures that revisit us in our adult lives, longing for warmth and integration and understanding. And so, as adults, when we slow down, they wonder if it is time to come in from the cold.

**SLOWING DOWN**

As an invitation, not as a demand, but as a natural occurrence, when it is ready to be offered to us as a gift of grace.

* Creating quiet in your environment, and speaking to what you find there in the silence, the *sloweddowness,* through writing and sharing.
* This work doesn’t form a straight line or a step by step process, which is the lens of the culture we were raised in and live in now.
* This work starts from preparing a clearing, laying the table, softening the lighting, light a candle of whatever size feels comfortable, a respectful pacing and placing of invitation to what rises. No pressure, no rush, from a position of ‘the whole’. We are ‘whole’, we’ve just been through some rough times. Allowing what rises to gracefully reveal. One revelation might be enough to nourish you for the rest of your life.

**WAITING THE MOMENT**

**(An activity, actively awaiting and allowing the hunger to visit)**

Our minds capacity to dream has been starved. This process is about re-engaging your capacity to dream, to become, to work with both parts of your brain IN-*FORMATION*. Ever becoming, ever creating, ever assimilating, ever nourishing.

**THE TABLE HAS BEEN SET, THE CANDLE IS LIT.**

**THE EDGE OF NOT KNOWING**

Perhaps it would support you to imagine that as you invite these aspects of you to visit your table; words, images, sensations, memories, to see them as shy wild creatures that you long to have and to hold and who belong to you. That you are hungry to re-connect with.

**UNSHEATHING THE SHARP EDGE OF EXPERIENCE**

What you may meet at this edge:

This is an invitation, always just an invitation, to welcome the fullness of who you are, your essence. It may appear in different forms. Perhaps you find it hard to breathe. Perhaps in your body you experience a frozen fierceness, words that appear to threaten and scold as the ancient protective pathways in your system rise and seek dialogue with you.

Their purpose? To invite you to listen out for your needs, that’s it, that’s all. Turning towards your own life force, the fountain of your own life, and hearing within the sharp experiences, what calls you.

Turning towards, drawing towards the hunger, entering the thawing process, through the clearing that you have created. And for now, with no need for resolution, but to offer them a soft warm landing place that they so hunger for.

And for those little wild creatures who fear drawing near to you?

**WHAT CAN YOU OFFER?**

What can you offer this hesitant revelation? A seat at the table, perhaps too much too soon? Then a blanket for their body at the threshold of the door with a warm drink for their hands? Can you, from there, offer them your curiosity and your longing for connection?

**SELF EMPATHY PROCESS**

