

Welcome to Week 4

September 9, 2019

Dear Colleagues,

Welcome to week 4 of Integrative Inquiry/Mindful Compassion Leadership!

This is a yummy week for your online video practice – at least I think so, and I look forward to hearing of your experience if you would like to share it on the Listserv (education.integrativeinquiry@sdsu.edu). Thank you to all of you who are engaging in the Listserv and thank you for your continued patience as we work out Listserv challenges that some of you are experiencing.

This week, we are focusing in on the self-compassion practice. As you invite yourself to move into the self-compassion practice, you might notice some resistance. I sure did when I was first invited into this practice. Basically, I thought of self-compassion as synonymous with self-indulgence. However, self-indulgence focuses on short-term feel good behavior, such as eating the entire bag of peanut M&M's and justifying it as a kind act. Self-indulgence often has long-term negative consequences, like the stomach ache I will get from eating that bag of peanut M&M's.

Self-compassion however, is connecting with the pain and suffering you are sensing in a genuine way and also genuinely wishing for yourself to be alleviated of that pain and suffering and then acting to alleviate that pain and suffering as long as it doesn't harm you or others. Self-compassion is informed by a wealth of research (see attached for some of the many research snippets and accompanying citations). We will play more with self-compassion practices in our optional online webinar practice at (<https://SDSU.zoom.us/j/187491131>) this coming Thursday, September 12th from 12-1 pacific time.

As always, feel free to reach out to me directly at mbrescia@sdsu.edu with any questions, suggestions, ideas, or concerns.

I look forward to seeing you online soon!

In joy and gratitude,

Marilee and Carol