

JAMI INITIATIVE EDUCATION: Compassionate Self Empathy

Definitions:

Empathy- Being present with another's experience; with unconditional acceptance of the person.

Self in Presence- Being attentive to what is happening right now. Not lost in thinking, emotional reactions etc. Fully available. Self-Connected.

Sufism we add that we are aware of Allah and our connection and neediness of Allah.

Self-Acceptance/Compassion- Accepting oneself with unconditional care and generous compassion.

Observing: Noticing and possibly describing our sensory and mental experiences and distinguishing these experiences from the interpretations we ascribe to them.

Feeling Awareness: Ability to identify and experience our physical sensations and emotions. Ultimately, others don't cause our emotions -nor do we, yet we are responsible for them.

Needs Awareness: Awareness of and the willingness to honor needs, the essential universal elemental energies of life as a human being deeply connected to Divine Qualities

Patience- Remaining spaciously present when one feels stress. An ability to be with one's own reactions, without acting out of them.

Awareness of Self-Responsibility: Choosing one's responses (while asking Allah for guidance) to what shows up in life, owning one's part in what happens. Not owning others parts and acknowledging that one's actions do influence others.