

Barriers and Corresponding Assistants to Compassion

Barrier	Assistant	Practice (examples)
Disembodiment	Embodiment/somatic awareness	Somatic meditations/yoga/mindful movement practice
Lack of self-awareness	Self-awareness	Meditation, eliciting feedback from others
Unprocessed trauma/anger/grief	Associative skills, processing the past	Psychotherapy, inquiry practice
Inability to trust/feel safe	Basic sense of safety	Benefactor practice, all compassion meditations, inquiry, psychotherapy
Projecting	Wisdom perspective	Meditation, psychotherapy
Self-involvement	Curiosity about others, actual service	Inquiry, service actions
Rejection of our own experience	Deep acceptance	Natural compassion meditation
Isolation	Connection and reliance	Cultivating relationships as a path, benefactor practice
Ego-sensitivity	Wisdom about the true nature of self	Wisdom meditations
Over-enmeshment	Equanimity	Wisdom meditations, self-discipline, boundary awareness
Attention deficit	Skill in focus, mindfulness	Mindfulness practices (all meditations have some component of this.)