

"Only when compassion is present will people allow themselves to see the truth"

A. H. Almaas

What is compassionate Inquiry?

It is a unique process of introspection developed by the renowned Dr. Gabor Mate that helps people engage in their healing process.

Compassionate Introspection is a trauma-informed psychotherapeutic approach that helps people to explore their habitual reactivities and the roots of their limited beliefs, and to see the possibilities and wholeness within themselves with curiosity, kindness and compassion.

This process helps to discover the source of physical, emotional or spiritual pain in the body.

It is a somatic practice, the wisdom of the body being connected and working with the inner child is part of the method. This allows for the discovery and gentle release of layers of childhood trauma, constrictions and repressed emotions embedded in the body, which are at the root of physical and mental illness and addictions.

This approach is based on faith in yourself and your inner process, faith in your own intuition.

It is based on being present to yourself as you inquire. It is based on compassion for yourself and for all that comes your way. It is based on curiosity, so that when something comes up as anger, sadness, overwhelm, disappointment, pain, confusion, "we" ...together, simply become curious about it, rather than making it a problem, we see it as a treasure to explore.

Certain principles are maintained during a compassionate introspection session.

These principles are:

1. The client is encouraged to bring a specific intention to each session.
2. The client determines the degree of participation in the session and can ask to stop at any time if it becomes too intense.
3. The therapist may interrupt the client during the session to bring awareness to the present moment, body sensations and emotions.
4. The therapist follows the client's subtle signals.

A large part of the inquiry work is to see what is blocking our current authentic self. It is not necessary to create the current authentic self. It is there. All the coping mechanisms, personality patterns, habits, and self-judgments get in the way. Many of us have only one problem - we judge ourselves harshly. Self-judgment served a purpose because it kept us in line as a child. There are no mistakes. There are no mistakes. There are only patterns we adopt to survive.

I look forward to meeting you for a session of Compassionate Inquiry.