

Hello Self!

Study/Discussion Material for the Podcast from Sunday 3/1/2015

From Thich Nhat Hanh's *The Art Of Communicating*, page 34

“Loving Yourself Is the Basis for Compassion

We tend to think we already know and understand our loved ones very well, but that may not be so. If we haven't understood our own suffering and our own perceptions, how can we understand the suffering of another person? We shouldn't be too sure that we understand everything about the other person. We have to ask, 'Do I understand myself enough? Do I understand my suffering and its roots?'

Once you have some understanding and insight into your own suffering, you begin to be better at understanding and communicating with someone else. If you can't accept yourself—if you hate yourself and get angry with yourself—how can you love another person and communicate love to him or her?"

Study/Discussion Questions:

1. Why is it that loving (and understanding) yourself is critical in order to love and understand others?
2. The Buddhist idea of “suffering” is anything that causes mental or physical pain. What are some traditional beliefs that may contribute to our mental suffering?
3. What are some ways we can find time to connect to ourselves during our busy lives—to make time for checking on the state of our minds and bodies?