



POWER OF COMPASSION

Jeffrey Weiner, the CEO of Linked In, defined compassion as walking a mile in the other person's shoe. It is empathy plus action he said. When you practice compassion, you not only help others but also yourselves. The subject of compassion has been researched extensively and found to have a far-reaching and profound impact on who you can be. At the physical level, practising compassion can heal you in many ways such as balance heart rhythms, reduce blood pressure and stress, improve immunity, induce wellness and even increase your life span to name a top few. At an emotional level, practicing compassion can make you more happy, relaxed, enthusiastic, generous, forgiving and peaceful. And then, at a spiritual level, compassion uplifts your conscientiousness and helps you cure deep-seated blocks and suffering.

In times of grief, loss, hurt, rejection, you may often turn to a trusted friend, relative or a guide with whom we can share our feelings and vulnerabilities. They listen, they comfort, help you find solutions and take steps to help you alleviate your pain. Who is this person for you? What is it about them that makes you seek solace? It is probably their being there for you with unconditional love, comfort and care. You are experiencing compassion.

At work, people attempt to maintain a shell around themselves that leaves no space for emotions, conversations or for that matter, anything except the job. You focus on working with your brains and leave little room for the heart, it's emotions and feelings. Performance and results are what most leaders spend time on. In such an atmosphere, what happens when you make a mistake, miss a deadline, lose to a competitor or incur losses? The answer is obvious. How can you ease this pressure? Compassion to yourselves and each other may hold the key.

Self-Compassion is the key to practising this virtue. As a yoga teacher, I often ask my students to be compassionate with themselves and allow them time to build the strength needed to get into a full asana (yoga posture). Ahimsa to your self is a fundamental principle of Yoga. Yet from the word go, many would stretch and strain sometimes even to the point of injury to get into the perfect pose. There is such beauty and grace in being you rather than be like the model in the poster.

Practising compassion could be the new currency with the power to transform workplace relationships. Compassionate leaders can more easily tune in to what is trying to happen, understand each person and help them become their best. This builds trust, engagement and more. This could be a way to solve big problems and find solutions. Everyone could do with a bit more love, warmth, friendship, listening and understanding. This way you win hearts and minds, dedication and commitment and release the power of compassion. You build more influence and have to use less of driving and pushing through with the power of hierarchy. Teams take on accountability in the safe psychological space that becomes the hotbed of ideas, innovation, happiness and exemplary performance. Wouldn't you rather lead with compassion than just with the mind and logic?

Three questions to ask yourself

1. Who is your role model when it comes to practising Compassion?
2. What is it about this role model that inspires you the most?
3. What are some of your mental blocks to practising compassion?

"Sometimes I feel people get a bit too detached about the suffering of other people and animals because it is something they cannot change; yet we can make a difference by just caring, doing and giving all souls and animals as much love and compassion as we can." Albert Einstein

With compassion you build deep and lasting relationships at work and in life, making both more beautiful.