

## **Additional Resources:**

### **Articles**

Jack Kornfield - Awakening Self-Compassion

<https://jackkornfield.com/self-compassion/>

Bhikkhu Anālayo & Bhikkhunī Dhammadinnā - From Compassion to Self-Compassion

<https://self-compassion.org/wp-content/uploads/2021/11/Analayo-and-Dhammadinna-2021-From-Compassion-to-Self-Compassion-a-Text-Histori..pdf>

Joan Halifax - Enactive Compassion

[Roshi Joan Halifax on Enactive Compassion - Upaya Zen Center](#)

### **Audio**

Kristina Barre - Metta and Compassion for Self

<https://dharmaseed.org/teacher/1351/?search=self+compassion+>

James Baraz and Eve Decker - Compassion Why and How

<https://dharmaseed.org/talks/player/78313.html>

RamDev - The Relationship Between Devotion, Self-Compassion and Compassion for Others

[RamDev – Healing at the Edge – Ep. 102 – The Relationship Between Devotion, Self-Compassion and Compassion for Others](#)

Rev. Zenshin Florence Caplow - She Who Hears the Cries of the World

<https://www.upaya.org/2023/08/caplow-hears-cries-world-stories-kannon-bodhisattva-compassion/>

Kim Allen - Two Forms of Compassion

<https://dharmaseed.org/talks/player/33385.html>

Tempel Smith - Compassion Practise

<https://dharmaseed.org/talks/player/69441.html>

Tara Brach - Tonglen Compassion Practise

<https://dharmaseed.org/talks/player/69929.html>

