



Sat Dharam Kaur: Experiential Session of Compassionate Inquiry



Sat Dharam has created a fusion between her three passions: Kundalini yoga, naturopathic medicine and environmental sustainability. She has developed and teaches a number of programmes, including Kundalini yoga teacher training, the Healthy Breast Program, Four Season Yoga Cleanse, Beyond Addiction, and Compassionate Inquiry. Discover the relationship with ourselves through a guided self-inquiry based on the Compassionate Inquiry developed by Gabor Maté.

TOP EMBODIMENT TIP: Do a breathing exercise every day and pay attention to the breath as often as possible.

Compassionate Inquiry: Preparations

- Recognizing and creating inner safety.
- Finding and connecting with a safe object in the room to concentrate on when overwhelmed.
- Finding and connecting with a part within the body that feels safe, to concentrate on when overwhelmed.
- Use breathing exercises to develop resilience in the autonomic nervous system.

Self Inquiry using Compassionate Inquiry: Taking a journey within

- Take a journey from present triggers to early, sometimes even in Utero events to connect the dots.
- Dive into internal self beliefs arising from our earliest memories.
- Connect with bodily sensations that are connected with those beliefs.
- Connect with the emotions, wants and needs linked to that early event.
- Listen to the internal voice of our own inner child telling the story about what happened, how it made him/her feel and what it made him/her think of him/herself.
- Acknowledge the coping strategies that were available at the time.
- Reconnect with our inner child to give the needed support that was missing at the time of the event.
- Compassionately listening to what our inner-child needs from us in the present moment helps us to stay connected with him/her, honoring what is needed.

Resistance: A 'part' which is taking care of us

- If resistance arises, Compassionate Inquiry is used to find out more about the resisting 'part' and what it is resisting and ultimately what it is there to protect.

Resources

- ❖ **Website:** satdharamkaur.com
- ❖ **Course:** compassionateinquiry.com/online-training
- ❖ **References:** compassionateinquiry.com



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[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

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