

<b>What we have learned in this chapter</b>	<b>Your reflections</b>
<ul style="list-style-type: none"><li>• Stress tends to reduce our possibilities for action, whereas compassion creates space and room for movement. Compassion could be said to open an inner door in our heart, whereas stress closes it.</li><li>• Training our mind to really understand the inter-relatedness of all aspects of life is an essential and helpful habit to acquire in terms of developing compassion.</li><li>• Learning to be aware and to recognise that everything is changing and nothing stays the same is another good habit to adopt in terms of understanding compassion.</li><li>• In order to work with compassion, we will need to overcome conditioning from our evolutionary history and our social circumstances. We can do this by remembering that everyone is looking for happiness.</li><li>• Compassion requires the cultivation of a daring heart – one that is capable of cherishing itself, other people and life itself.</li><li>• Compassion is not about being perfect, nor is it about being able to be perfectly compassionate. In order to show compassion for others we need to draw on all our own experience of suffering, fear and making mistakes.</li><li>• Helping others will also help us.</li></ul>	

- Training in compassion reduces the intensity of one's own problems because it allows us to see that our problems are not unique but part of the inevitable ups and downs of life.
- The idea of neuroplasticity – the idea that the brain changes in response to experience – underpins the idea that we can change our habits for the better and so reduce our stress levels.