

# Four steps of Compassion

# SUMA

## 1. Show up

*Every day we can practise coming back to the present moment.*

*We remain curious about what others are experiencing and begin to recognise everyone's story is complex and there are many pathways forward.*

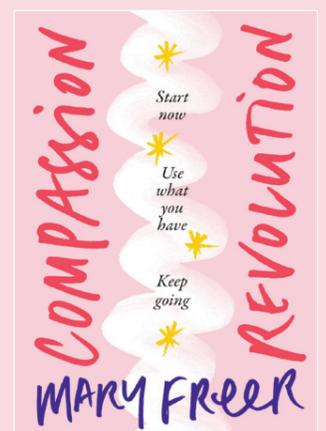
## 2. Understand

*When things go wrong we have a perfect opportunity to move closer. This is your invitation to celebrate our shared humanity.*

## 3. Move closer

*Compassion is a verb and it demands action. This is the step where we powerfully connect with others from a place of vulnerability.*

## 4. Act



*SUMA and other wise actions can be found in Mary Freer's new book, 'Compassion Revolution'.*

*Buy your copy today.*