

# Amy Lofting

- I am a writer, energy bodyworker, meditation teacher, & carbon farmer
- My company is RoseLight, [www.roselight.com](http://www.roselight.com)
- We are here today for a session of Compassionate Response Practice 2024
- Hosted by Online Events, [onlineevents.co.uk](http://onlineevents.co.uk), John & Sandra Wilson & their teams

**We live in a world of energy fields,  
generated by different sources.**

**We instinctively know about energy,  
what feels calming & balancing,  
& what feels fracturing & chaotic.**

**We self-soothe by adjusting our resonance, e.g.,  
listening to music, watching comedy, walking in  
Nature—& by going inward.**

**With inner focus, we can reset our energy at will,  
& get better at it with practice.**

**We can set our compass to compassion,  
& train ourselves to consciously choose  
a response that is gentler & healthier for us,  
& for life around us.**

# Compassion

- “Compassion” means different things to different people
- For our practice today, some of compassion’s interesting aspects are that it
  - Arises from your higher consciousness & from your humanity
  - Is available to you at any moment
  - Flows through you & into the world

**Compassionate  
Response Practice  
has 4 steps.**

**1. I give myself  
permission  
to feel compassion.**

**2. I notice  
my distance  
from the suffering.**

**3. I observe  
what draws  
my attention.**



**4. I sense  
my heart  
as energy.**

# The Four Steps of Practice

- I give myself permission to feel compassion (Permission)
- I notice my distance from the suffering (Distance)
- I observe what draws my attention (Drawing-In)
- I sense my heart as energy (Heart)

# Tips

- You can begin anywhere in the four steps
- You can hop around, repeat steps, etc.; this does not have to be a linear process
- It's often useful to begin with Step 1, Permission
- RoseLight Golden Body energies can deepen & enhance your Compassionate Response practice

# Some Qualities of the 4 Steps

- Permission—Expansion & Opening
- Distance—Connection & Field Sensing
- Drawing-In—Intuition, Feedback, & Relationship
- Heart—Underlying Spirit, Strength, Generosity, Healing, & Love

# 2024

## RoseLight Compassionate Response Practice Sessions

- Wednesday, once month, most months; dates at <https://roselight.com/events/compassionate-response/>
- 6 PM - 8 PM GMT
- You are welcome to attend one, some, or all sessions
- Introductory videos are available at <https://roselight.com/free-roselight-videos/>

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