

# TIDAL WAVES OF SELF COMPASSION

Deep compassion for self comes in waves. You are invited to create the waves of compassion that help you move from current beliefs about yourself, to new beliefs. Maybe you want to move from self judgment to self acceptance, from hoping to knowing, from a place of fear to existing in radical self love. Where the waves emerge, you can use words, colors, and symbols to represent the beliefs you want to shift away from. As the waves rise, create ideas, thoughts, and words that lift you up and help carry you towards new perspectives. As the waves crest and fall, notice what new beliefs might wash over you and add representations of them to your art. When you're done, you may want to share your art with a safe person and encourage them to create their own tidal waves of self compassion. After all, it's a wave worth riding. To read more about self compassion, check out Sherisa's [blog](#).

