

# "Eyes of Compassion" - A Trauma-Informed Lens Song

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Tune: "Hey, Ho, Anybody Home?" (Traditional)

I wish to express my profound appreciation to the **San Diego Trauma Informed Guide Team** for their role in embracing and sharing this song. <https://www.acesconnection.com/>

And, I especially want to thank **Ms. Dana Brown**, Organizational Liaison, ACEs Connection and ACEs Science Statewide Facilitator, Learn4Life, for her beautiful idea of adding a 4th verse incorporating gratitude.

For related resources, please visit my website <http://www.betterworld-resources.com/> for numerous songs to help promote Emotional Intelligence, and for the many resources offered in

**Compassionate Comprehension with the Common Core**, including support of developing a Trauma-Informed Lens.

1

Am Em Am E7 Am Em Am E7

When you look at me, please remember to keep in mind

Am Em Am E7 Am Em Am E7

that you don't know what you don't know about me... what's happened to me.

2

Am Em Am E7 Am Em Am E7

You haven't seen what my eyes have seen, you haven't heard what my ears have heard,

Am Em Am E7 Am Em Am E7

you haven't felt what my body and soul have felt so deep--ly.

3

Am Em Am E7 Am Em Am E7

Looking with eyes of compassion, listening with open heart and mind,

Am Em Am E7 Am Em Am E7

can help healing, hope, and resilience take root and grow.

4

Am Em Am E7 Am Em Am E7

Thank you for wondering what's happened to me instead of asking, "What's wrong with you?"

Am Em Am E7 Am Em Am E7 Am Em A

Thank you for helping me process my pain and move towards joy... move towards joy.

Performance notes:

\* The song may be pitched too low for some singers using the chords above - please transpose as desired!

\* If wishing to sing the song as a round, omit the extra measure at the end of each verse (which was included in the recording).

## "Los Ojos de Compasión" --

### Una Canción de Visión Informada por Trauma

"Eyes of Compassion" -- A Trauma-Informed Lens Song

MIL GRACIAS a los que ayudaron en corregir y mejorar tanto  
la traducción al español,

especialmente Carmen Rodríguez - y con muchas gracias también a  
Brianda Vargas, Evelin Molina, Martín Hernández, y Francisco Carbajal

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Tonada: "Hey, Ho, Anybody Home?" (Tradicional)

Espero que pronto esta canción pueda estar grabada por alguien cuyo español es mucho mejor que el mío.  
Si tiene interés en hacerlo, favor de contactarme. ¡Gracias!

1

Am Em Am E7 Am Em Am E7

Cuando usted me mira a mí, favor de acordarse de tener en cuenta

Am Em Am E7 Am Em Am E7

que usted no sabe lo que no sabe acerca de mí... lo que me ha pasado a mí.

2

Am Em Am E7 Am Em Am E7

Usted no ha visto lo que mis ojos sí. Usted no ha oído lo que mis oídos sí.

Am Em Am E7 Am Em Am E7

Usted no ha sentido lo que mi cuerpo y alma han sentido tan profundamente.

3

Am Em Am E7 Am Em Am E7

Mirando con ojos de compasión, escuchando con su corazón y mente abiertos

Am Em Am E7 Am Em Am E7

me puede ayudar a empezar a sanar, tener esperanza y resiliencia.

4

Am Em Am E7 Am Em Am E7

Gracias por interesarse en lo que me ha pasado a mí en vez de preguntarme, "¿Cuál es tu problema?"

Am Em Am E7 Am Em Am E7 Am Em A

Gracias por ayudarme a procesar mi dolor y alegrarme poco a poco... y alegrarme poco a poco.