**Living Compassionately With Self and Others**

**Introduction** of myself and how I became involved with the work of compassion

**Compassion as a Way of Life**

* Highlight the three “steps” of compassion – awareness, attitude and action
* Share how my awareness of compassion has grown.
* Question to the group – Of the three steps, which do you find most difficult?
* Give time for personal response (booklet provided)

**Seeds of Compassion**

Each participant will be given an envelope of 4 seeds to represent nonjudgment, nonviolence, forgiveness, and mindfulness. My talk will address each of these “seeds” as well as examples from my own life.

**Response/Activity** – Each participant will be given a small pot (earth friendly) and seed starter soil to plant the seeds, reflectively. **Play Garden Song**, Jan Novotka (*In the Name of All That Is*)

**Compassion for Self**

Being aware of some of the participants’ life circumstances, this section will be tender. There may also be caregivers and counsellors.

**Quote from Christina Feldman**, Compassion pg.42

**Quote from Gail Straub**, The Rhythm of Compassion, pg.45

Since we have such a connection with the birds in our area, especially the bald eagle, the raven and the chickadee, I will spend time reflecting on the bird’s self care with their feathers and transfer to us.

Examples from my life experience – nests, the downy feather as I hold a question in discernment, reviving a redpoll that struck my window and feeling its tiny heart beat

**Close with Loving Kindness Meditation**

**Materials to prepare**

Booklet for each participant to write, draw, doodle….

Tree of Compassion ( in case there is time….or to complete later)

Seeds in envelopes, pots, soil. Wet wipes, Pens, coloured pencils

Copy of *I Open My Eyes* and *Metta*

CD player, extension cord, CD’s

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