

**BOUNDLESS COMPASSION: Annotated Bibliography**  
Corresponding to the six “Weeks” in the *Boundless Compassion* book

**Week I: Compassion as a Way of Life**

**A Call to Compassion: bringing Buddhist Practices of the Heart into the Soul of Psychology.** Aura Glaser, Nicolas-Hays, 2005.

After exploring the approach to compassion by well-established psychologists such as Sigmund Freud and C.G. Jung, Glaser gathers some of the more significant Buddhist practices of compassion and presents them through the view of a psychologist. Her chapter on “Answering the Call: The Alchemy of the Heart” is particularly noteworthy.

**A Fearless Heart: How the Courage to Be Compassionate Can Transform Our Lives.**

Thupten Jinpa, Penguin Random House, 2015.

Jinpa has been the Dalai Lama’s English translator for thirty years. In this book, he focuses on personal transformation through basic concepts related to Buddhism, psychology and science. His approach is practical. He uses numerous stories to convey aspects of compassion from his work at Stanford University with the Compassion Cultivation Training program there.

**A Hidden Wholeness: The Journey Toward An Undivided Life.** Parker J. Palmer, Jossey-Bass, 2004.

This book is an excellent resource for compassion because it focuses on both personal transformation and relationship with others. Of particular help is Palmer’s “Circles of Trust.” The latest edition also includes a DVD that demonstrates the principles and practices of Circles of Trust.

**American Nonviolence: The History of an Idea.** Ira Chernus, Orbis Books, 2004.

Surveys the evolution of nonviolence from the Colonial Era up to today, focusing on representative movements (Anabaptists, Quakers, Anarchists, Progressives) and key individuals (Thoreau, Reinhold Niebuhr, Dorothy Day, A.J. Muste, ML King, Barbara Deming), including non-Americans like Gandhi and Thich Nhat Hanh, who have helped form the idea of nonviolence in America.

**A Path With Heart: A Guide Through the Perils and Promises of Spiritual Life.** Jack Kornfield, Bantam Books, NY, 1993.

This book’s central focus is that of inner transformation. Jack Kornfield covers a number of the basic aspects of compassion, including reverence for life, entering into suffering, lovingkindness, forgiveness, ego issues, generosity, and mindfulness. The book has a readable style and an inspiring tone. Meditations at the end of each chapter are included for integration of the topics

**An Open Heart: Practicing Compassion in Everyday Life.** The Dalai Lama, ed. by Nicholas Vreeland, Little Brown and Co., New York, 2001.

“Compassion is of little value if it remains an idea. It must become our attitude toward others, reflected in all our thoughts and actions.” (D. Lama) A simple, practical approach to the Buddhist practice of compassion. Addresses the question of how one actually becomes a

compassionate person and presents the methods by which a selfish heart is transformed into a generous heart.

**Awakening Compassion at Work – The Quiet Power That Elevates People and Organizations.** Monica C. Worline and Jane E. Dutton, 2017.

The authors pose the question: “Even if we know that people suffer, should businesses or work organizations care?” Compassion for a person’s suffering makes no distinction whether it is from outside work or work itself. The experience of suffering in the workplace is mostly responded to by silence from co-workers, managers and executives. How often are people told to not bring their personal troubles to work? Work itself gives rise to suffering through downsizing, constant change, dysfunctional work teams, unreasonable workloads, and meaningless work. The authors research identified a number of workplace sources of suffering, which include: Lack of appreciation for one’s talents and skills, Being at the whim of supervisors who didn’t understand the difficulties of their work, Pressure of unreasonable deadlines and demands, Feeling consistently devalued and disengaged when they wanted their work to be meaningful.

**Becoming Wise: An Inquiry into the Mystery and Art of Living.** Krista Tippett. NY: Penguin Press, 2016.

Krista Tippett, an award-winning broadcaster for National Public Radio, reflects on some of the interviews she had with a wide array of people, particularly those whose lives reflect central aspects of compassion. Tippett conveys a deep wisdom that connects the reader with the challenges of today’s culture. Her voice echoes compassion and her vision contains hope. There is much to digest and enjoy in *Becoming Wise*.

**Boundless Heart: The Buddha’s Path of Kindness, Compassion, Joy and Equanimity.**

Christina Feldman, Shambhala Publ., 2017

This book focuses on the qualities of what Buddhists call “the Four Immeasurables” (kindness, compassion, joy and equanimity). Feldman shows how these qualities can be cultivated and developed, and she also offers numerous practices for doing so. As with her previous book, *Compassion*, Feldman writes with both depth and clarity.

**Buddha’s Brain: the practical neuroscience of happiness, love and wisdom,** Rick Hanson with Richard Mendius, New Harbinger Publ., 2009.

This is one of the clearest, most practical presentations of neuroscience and compassion. A helpful aspect of this book is the listing of key points at the end of each chapter. Hanson also includes applicable questions for pondering and useful meditations to integrate the theories of neuroscience that he presents. The tone of this book is invitational and supportive for those seeking personal transformation.

**Compassion: The Emergence of Spiritual Maturity,** Thomas Hora, PAGL Press, 2014.

Thomas Hora developed Existential Metapsychiatry and was an early pioneer in integrating spirituality and psychiatry. He defined compassion as spiritual (agape) love and said it can only be received and shared through living in the reality of God. He states, “Compassion then requires the presence of Enlightened Love.” Compassion heals because it is based on the truth of humanity as an expression of Divine Consciousness. Compassion is combined with wisdom and

understanding from Christ consciousness and through this reality we become a beneficial presence in the world.

**Compassion: Listening to the Cries of the World**, Christina Feldman, Rodmell Press, 2005. A foundational resource for anyone seriously focused on being inspired and wanting to become more engaged as a compassionate presence. Feldman, a Buddhist, covers essential aspects of compassion and provides meditations related to each topic at the end of the chapters.

**Compassion: A Reflection on the Christian Life**, Donald P. McNeill, Douglas A. Morrison, Henri J. M. Nouwen, Image Books, Doublday, 1982. One of the earliest books on compassion from a Christian perspective, the authors offer a beautiful, comprehensive presentation of “the compassionate God,” “the compassionate life,” and “the compassionate way.” A valuable book for those seeking an in-depth understanding of compassion centered on the life and teachings of Christ.

**The Compassionate Mind: A New Approach to Life’s Challenges**, Paul Gilbert, Ph.D. New Harbinger Publications, 2009. An excellent resource, based on neuroscience research. Gilbert incorporates psychology and sociology into a readable, practical format. This book contains two sections. The first illustrates the way our mind and brain work and how the development of compassion is connected with this. The second section presents helpful discussions and exercises the reader can use to develop a compassionate mind. Check his website – a number of handouts can be downloaded. <http://www.compassionatemind.co.uk/>

**The Conspiracy of Compassion: Breathing Together for a Wounded World**, Joseph Nassal. Forest of Peace, 1997. The original meaning of the word “*conspire*” is “to breathe together.” This image is utilized by the author to connect the reader to the transforming possibilities of compassion. With the means of story and life-based insights, Nassal shows how the Spirit-breath of God can bring meaning to the chaos of both personal and global suffering.

**The Field: the quest for the secret force of the universe**, Lynne McTaggart, Harper Publ., 2008. This is not an easily readable book but well worth taking time to do so. McTaggart presents the findings of detailed scientific experiments that have led to a new paradigm in the way we think about and relate to all that exists. These experiments prove that there is a field of energy, a pulsating power that constantly interacts with everyone and everything. There are profound implications for alternative modes of healing and communication that come from these studies.

**Field Notes on the Compassionate Life: A Search for the Soul of Kindness**, Marc Ian Barasch, Rodale Publ., 2005. The author draws from a variety of sources to address the question: “How can compassion, a trait hardwired into our nervous system and just waiting to be awakened, transform our lives and the world?” A readable, energizing approach to the practice of compassion.

**The Great Within: The Transformative Power and Psychology of the Spiritual Path**, Hans de Wit, Ph.D., Shambhala Press, 2019.

The book is primarily about living a contemplative life from a Christian, Buddhist, and psychological perspective. Compassion is key to the transformation and awareness of our humanness. Humanness, defined as courage, compassion, joy and clarity of mind, is fundamental to who we are created to be and is necessary to flourishing.

**Holy Envy: Finding God in the Faith of Others**, Barbara Brown Taylor, HarperOne, 2019.

The content of this book focuses on relationship, oneness and respect regarding various religions. Like the *Charter of Compassion*, Taylor calls for a respect of others' religious beliefs, rather than a competitive, negative approach to them. Her years of teaching world religions on a college level fill the book with her personal awakenings along with her students, presenting the values and wisdom she has found within the varied religious faiths.

**LovingKindness: The Revolutionary Art of Happiness**, Sharon Salzberg. Shambhala, 1995.

The author is highly respected in her writings on compassion. In this book, Salzberg explores the theory and practice of lovingkindness and relates this spiritual practice to such issues as anger, aversion, forgiveness, the difficult person, difficult aspects of oneself, and those who cause pain. An especially helpful book in learning how to offer "metta" or lovingkindness to self and others.

**The Magnanimous Heart: Compassion and Love, Loss and Grief, Joy and Liberation**, Narayan Helen Liebenson. Wisdom Publications, 2018.

Narayan writes from a Buddhist perspective in response to the central question she raises: "How can we lead a meaningful life in the very midst of knowing that situations and conditions are always changing and even the best of circumstances will always come to an end?" For those unfamiliar with Buddhism, Liebenson presents the concepts in an easy, understandable manner. Her focus is on a spiritual aspect, particularly meditation and mindfulness, as a way to meet the experience of loss and grief. This is a book threaded with hope as expressed in some of the author's descriptions of the *magnanimous heart*: "...a heart of balance and buoyancy...a generous heart, a benevolent heart, a heart of inclusivity in which there is room for all that arises..."

**Mindful Compassion: How the Science of Compassion can help you to understand emotions, live in the present, and connect deeply with others**, Paul Gilbert, Ph.D. and Choden, New Harbinger Press, 2014.

Gilbert and Choden integrate psychology and Buddhism in the science of compassion. Gilbert reiterates and builds upon the three emotional regulation systems of drive, threat/self-protection, and caring/connection. Part One includes a thorough discussion of compassion and Part Two provides practices to train the mind in compassion. A key to understanding Mindful Compassion is that compassion is a motivation which can be developed and applied to daily life.

**Mindsight: The New Science of Personal Transformation**, Daniel J. Siegel, M.D., Bantam Books, 2011.

This book shows how the latest developments in neuroscience can be used in psychotherapy. Siegel's approach is to teach mindfulness, a basic component of compassion and to use this

approach in helping his clients with conflicts and trauma in their lives. Includes Siegel's "Wheel of Awareness" which is a superb tool for becoming more mindful.

**The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life**, Piero Ferrucci, TarcherPerigee Publ., 2007.

Ferrucci is a leading transpersonal psychologist and a wonderful story teller who explores eighteen aspects of kindness, an essential trait for being compassionate. He quotes Aldous Huxley, "People often ask me what is the most effective technique for transforming their life. It is a little embarrassing that after years and years of research and experimentation, I have to say that the best answer is – just be a little kinder."

**Practicing Compassion**. Frank Rogers, Jr., 2015, Nashville, TN., Fresh Air Books.

This book is written by the Co-director of The Center for Engaged Compassion at Claremont Seminary. Full of compassion cultivation practices, the author uses the acronym PULSE to name the 6 dimensions of compassion. These are: Paying attention; Understanding empathetically; Love with connection; Sensing the sacredness; Embodying new life; and then responding with tangible acts of healing, kindness, and care. "Each act of care—be it simple or radical—bears a gift to others or ourselves from the infinite expanse that holds all."

**Practicing Peace in Times of War**, Pema Chödrön. Shambhala, 2006.

This small sized book packs a wallop. The first lines read: "*War and peace start in the hearts of individuals.*" Chödrön then proceeds to ponder the irony of generations that have sought peace and happiness by going to war. The heart of this book focuses on individual peace, discovering and befriending the "enemy within," learning how to be with personal anger and conflict. This inner peace is then extended outward to all who seek peace.

**Restoring Hope: Appreciative Strategies to Resolve Grief and Resentment**, Robert J. Voyle. [www.theappreciativeway.com](http://www.theappreciativeway.com) 2010.

In a time of so much grief from numerous causes, along with the bitterness and rancor undermining a peaceful society, this resource has much to offer as a way to move through and beyond the pain. Based on the appreciative inquiry method which names what is difficult but focuses on what is positive and affirming, this book contains both practical and insightful suggestions for healing and wholeness.

**Speak Peace in a World of Conflict: What You Say Next Will Change Your World**, Marshall B. Rosenberg, PuddleDancer Press, 2005.

A valuable resource for understanding how conflict occurs and learning how to resolve it. Rosenberg offers numerous stories and practical approaches for changing the way we think and act. An excellent book to motivate and act for greater healing in our torn world.

**Training in Compassion: Zen Teachings on the Practice of Lojong**, Norman Fischer, Shambhala, 2012.

Lojong in Tibetan refers to "the root text of the seven points of training the mind." This book by a Zen Buddhist priest contains valuable insights and ways to "train in empathy and compassion." Fisher suggests that "our messes and our problems are our treasures!" His teachings offer ways in which this can occur. His writing is direct and potent, reflecting his personal authenticity.

**Twelve Steps to a Compassionate Life**, Karen Armstrong. Alfred A. Knopf, 2011.

Armstrong bases her twelve steps to living compassionately on many of the precepts of the major religions. In her well-known scholarly manner, she returns often to history, literature and the wisdom of sages to elucidate her insights and suggestions for why compassion needs to be the focus of our lives. Compassion for self, empathy, mindfulness, action, knowledge, recognition and loving our enemies are among her twelve steps.

**Voices of Our Ancestors: Cherokee Teachings from the Wisdom Fire**, Dhyani Ywahoo. Shambhala, 1987.

The author combines the oral teachings of her Cherokee traditions and also the Buddhist wisdom that she has integrated into her world view. In her teachings on how to be “Peacemakers” in our world today she offers numerous reflections related to compassion. This is an excellent resource from a Native American perspective.

**Who Switched Off My Brain?: controlling toxic thoughts and emotions**, Dr. Caroline Leaf, Westcott Marketing, 2008.

Neuroscience continues to tell us more about why it’s vital to be attentive to our thoughts and emotions. This resource focuses on how our “30,000 thoughts a day” (yes, 30,000!) affect us physically and emotionally. It includes valuable information on the parts of the brain that carry memories and create fear, and stresses attentiveness to what takes place within us. Caroline Leaf writes: “Getting in touch with your heart and learning to live in the love that flows from it are definite ways of healing those toxic thoughts and emotions.”

**Radical Compassion**, Tara Brach, Penguin Random House, 2019.

Tara Brach’s wisdom pervades this book. Through her own teachings, lived experience and the stories of those she has counseled and taught, she provides a practical, easy four-step meditation practice way to approach situations that call for compassion, whether for self or for others. Along with her basic meditation (RAIN), she “shares dozens of reflections and practices that “ can help to heal feelings of unworthiness and teach you to trust your own innate strength and goodness,” along with recognizing and honoring the light shining through all beings.

## **Week 2: Welcoming Ourselves**

**The Force of Kindness: Change Your Life with Love & Compassion**, Sharon Salzberg, Sounds True, 2005.

*“There is a word in Pali, ‘tejo’, which variously means heat and flame and potency and a radiance and splendor. It is the power we embody if we dedicate our lives to the force of kindness, to transforming our intentions.”* (S. Salzberg) This book teaches how to gently look at the suffering within and outside of us. This resource is both challenging and encouraging, sure to help one refocus again and again on the ageless and vital element of offering kindness in daily life.

**The Gifts of Imperfection**, Brené Brown, Hazelden, 2010.

Brené Brown is a leading teacher on shame, authenticity, and belonging. One of the chapters is on cultivating self-compassion. Here’s the author’s description of perfectionism: “Perfectionism is a self-destructive and addictive belief system that fuels this primary thought: ‘If I look perfect, live perfectly, and do everything perfectly, I can avoid or minimize the painful feelings of shame, judgment and blame.’”

**The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions**, Christopher K. Germer, Guilford Press, 2009.

The most beneficial aspect of Germer’s work is the focus on meditation and mindfulness as ways to develop greater self-compassion. Besides including excellent education on the subject of self-compassion, the author includes practical suggestions and questions to aid the reader into moving toward greater kindness of both self and others.

**The Mindful Self-Compassion Workbook**, Kristen Neff and Christopher K. Germer, Guilford Press, 2018.

This companion volume to Chris Germer’s **The Mindful Path to Self-Compassion**. This workbook provides a step-by-step approach to break free from harsh self-judgments. It offers content and exercises that were developed in the 8-week Mindful Self-Compassion course. It includes practices and meditations, which can also be downloaded, to develop more self-compassion.

**Radical Acceptance: embracing your life with the heart of a Buddha**, Tara Brach, Bantam Books, 2003.

The author writes, *“Clearly recognizing what is happening inside us, and regarding what we see with an open, kind and loving heart, is what I call Radical Acceptance.”* She brings this basic approach to such topics as self-compassion, pain and suffering, fear, and forgiveness. Excellent meditations at the end of many chapters.

**The Rhythm of Compassion: Caring for Self, Connecting with Society**, Gail Straub, Journey Editions, 2000.

Straub has offered an easily relatable image for how to balance compassion for self with compassion for society. By use of the image of the “in breath, out breath,” she helps the reader to see the absolute necessity for a balance between meditation and action, between healing one’s self and aiding healing in others. The section on the shadow side of compassion is an especially vital part of this book.

**Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind**, Kristin Neff, Harper Collins, 2011.

Neff's solid empirical research related to self-compassion extends over many years. She brings her research into this book with keen insights, personal stories, superb practical exercises, and humor. Neff focuses on how to be kind of one's self and move beyond destructive emotional patterns such as debilitating self-criticism that keep one from self-compassion.

**Start Where You Are: A Guide to Compassionate Living**. Pema Chödrön, Shambhala, 1994.

Pema Chödrön is steeped in compassion. With keen insight and humor she explores the numerous facets of awakening and cultivating a compassionate heart. Her central message is that we can learn to compassionately embrace rather than deny the painful aspects of our lives. This is an elemental book that offers a wide and deep perspective on compassion.

**Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others**, Laura van Dernoot Lipsky with Connie Burk, Berrett-Koehler Publ. Inc., 2009.

This is a book for those who work in helping professions that require constant compassionate presence. *Trauma Stewardship* focuses on meeting the tension and challenge of helping others while also caring effectively for self so that one does not get overwhelmed by work that easily saps one's energy and enthusiasm. A highly recommended resource for self-compassion.

See also from Week 1:

**An Open Heart: Practicing Compassion in Everyday Life**, The Dalai Lama, ed. by Nicholas Vreeland. Little Brown and Co., New York, 2001.

**Buddha's Brain: the practical neuroscience of happiness, love and wisdom**, Rick Hanson with Richard Mendius. New Harbinger Publ., 2009.

**Compassion: Listening to the Cries of the World**, Christina Feldman. Rodmell Press, 2005.

**Practicing Peace in Times of War**, Pema Chödrön. Shambhala, 2006.

**Voices of Our Ancestors: Cherokee Teachings from the Wisdom Fire**, Dhyani Ywahoo. Shambhala, 1987.



### **Week 3: The River of Suffering.**

#### **The Art of Being a Healing Presence: A Guide for Those in Caring Relationships,**

James E. Miller with Susan C. Cutshall, Willowgreen Publ., 2001.

In a brief 77 pages, the co-authors present essential and valuable components of “compassionate presence.” The authors’ lived experience of grief counseling, hospice chaplain, and spiritual direction brings credibility and practicality to their insights and suggestions. (Excellent resource for training volunteers)

#### **The Art of Empathy: A Complete Guide to Life’s Most Essential Skill,** Karla McLaren, Sounds True, 2013.

McLaren delves deeply into the topic of empathy and develops this quality from a wide angle. This is an especially helpful book for those McLaren terms “empaths,” people who easily sense the emotions of others and, all too often, get overly immersed in that experience. McLaren’s insights can also benefit those who need a nudge to be more aware of the emotional life of others, or those who wish to understand empathy more fully as an essential quality for compassion.

#### **The Biology of Transcendence: a Blueprint of the Human Spirit,** Joseph Chilton Pearce, Park Street Press, 2004.

Chapters 1 and 2 include a look at neuroscience research, its relation to compassion and the frontal lobe area of the brain. Chapter 3 presents “the triune heart” with its electromagnetic field and the implications this has for experiencing oneness with all that exists. Pearce’s book presents this as a motivation to enter into personal transformation.

#### **Dorothee Soelle: Essential Writings,** selected with an introduction by Dianne L. Oliver. Orbis Books, 2006.

For the reader who is unfamiliar with German theologian Dorothee Soelle’s work, this is an exceptional collection of selected pieces from her theology and spirituality. The theory and practice of compassion echoes throughout her work whether Soelle is writing about suffering directly, or is commenting on the need for kinship and a less hierarchical approach in the area of church and society.

#### **Etty Hillisum, *An Interrupted Life & Letters from Westerbork,*** Etty Hillisum, Holt Paperbacks, 1996.

These diaries & letters of a young Jewish woman who died at Auschwitz at the age of twenty-nine reveal an amazing growth in personal faith and an ability to offer compassion in the midst of harsh adversity. Etty Hillisum refused to hate her enemies. A powerful look at what it means to truly love.

#### **The Grace in Dying: How We Are Transformed Spiritually As We Die,** Kathleen Dowling Singh, Harper One, 1998.

This insightful, hopeful book focuses on the inward journey of dying. The author invites the reader to consider the possibilities for spiritual transformation that the dying process offers. She does this through a combination of approaches centered in spirituality and Jungian psychology. Dowling Singh’s vast experience in companioning the dying, along with her sound beliefs about personal

transformation, make this book a must-read for anyone seeking a deeper way to live and/or ministering to the very ill and dying.

**Grieving Mindfully: A Compassionate & Spiritual Guide to Coping with Loss**, Sameet M. Kumar, New Harbinger Publ., Inc. 2005.

Kumar's approach to grief in this book includes both the spiritual and psychological. He offers a fresh look at the study of grief but what makes this book stand apart from other books on the topic is a section titled "The Role of Compassion." Kumar deftly weaves his insights on grief from a Buddhist perspective into a hope-filled conclusion.

**The Heart of Compassion: The Thirty-Seven Verses on the Practice of a Bodhisattva**, Dilgo Khyentse, Shambhala, 2007.

For anyone interested in Shantideva's classic thirty-seven verses on becoming a bodhisattva, (one whose entire being is focused on the alleviation of suffering), this book provides much inspiration. The writing is intense, deep, and takes considerable reflection. At the same time, Khyentse's explorations into Shantideva's verses are absolutely profound and readily motivate one to be a more compassionate being.

**Holy Vulnerability: a spiritual path for those with cancer**, Rev. Donna Schaper. ACTA, 2005.

Donna Schaper is a survivor of breast cancer herself and has ministered to many others with cancer. Blunt, practical, down-to-earth, yet still hopeful, compassionate and faith-filled. The author insists on facing the reality of cancer head on and finding in it a series of unexpected blessings. Each chapter concludes with three exercises aimed at pursuing the various dimensions of a spiritual path for those fighting cancer. Prayers and bibliography at the end of the book.

**Hope Abundant: Third World and Indigenous Women's Theology**, ed. Kwok Pui-Lan. Orbis Books, 2010.

This rich anthology offers eighteen varied reflections by feminist theologians. These essays arise out of the suffering that women experience (poverty, social alienation, violence, rape, war..) This is a valuable resource for recognizing and understanding women's struggles for justice in church and society in Africa, Asia, and Latin America.

**Hope's Boy**, Andrew Bridge, Hyperion, NY, 2008.

An excellent resource to help sensitize one's self to children needing protection. This memoir contains the story of a boy who was placed in foster care after his mother was institutionalized. He was first in a horrific children's facility and then spent twelve years in an abusive foster home. His love for his mother, Hope, remained a strong force in his life. His ability to survive and his academic ability led him to eventually attend Harvard Law School. He has dedicated his life to giving a voice to children in foster care. An inspiring story of how a wounded individual turned his life into compassionate service.

**Man's Search for Meaning**, Viktor Frankl. Beacon Press, 1959.

After surviving three horrific years at Auschwitz and other holocaust camps, Dr. Frankl gained freedom only to learn that almost his entire family had been killed. In spite of his intense loss, out of his incredible suffering and degradation when he was in the camps, Dr. Frankl went on to

develop his significant theory of logotherapy, a healing psychology that helps people find meaning for their life after suffering significant loss.

**Medicine and Compassion: A Tibetan Lama's Guidance for Caregivers**, Chogyi Nyima Rinpoche with David R. Shlim, MD., Wisdom Publ., 2006.

This book begins by announcing that compassion is innate in each person but often has to be taught or brought forth. The authors focus on medical personnel and the great need of compassion. They believe that compassion produces better care for patients and strengthens the physician's ability to engage in difficult situations. The book is based on the premise that compassionate physicians stay better focused on the true needs of their patients. Contains superb insights into developing compassionate presence.

**My Stroke of Insight: A Brain Scientist's Personal Journey**, Jill Bolte Taylor, 2006.

At age 37, the author suffers a stroke. She observes the deterioration of her mind from her neuroanatomist knowledge. As her wounded brain slowly recovers from the stroke, Taylor grows in a profound awareness of the brain's ability to move one toward compassion and oneness with all of life.

**No Death, No Fear: Comforting Wisdom for Life**, Thich Nhat Hanh, Riverhead Books, 2002.

Thich Nhat Hanh is at his finest in this book. The acclaimed Buddhist teacher examines various concepts and fears of death. He encourages the reader to approach the loss of a loved one, and the reader's own mortality, with hope and confidence. Thich Nhat Hanh's words resonate with compassion. His wisdom assures the reader that death is but one part of the great circle of transformation.

**Quest for the Living God: Mapping Frontiers in the Theology of God**, Elizabeth A. Johnson. Continuum, 2007.

Chapter 2, "The Crucified God of Compassion" makes this book a valuable resource for a theological look at compassion. Johnson reviews various theological approaches to suffering as she explores the Jewish "God of pathos" and the Crucified Christ of Christianity.

**The Sacred Art of Loving Kindness: Preparing to Practice**. Rabbi Rami Shapiro, Skylight Path Publ., 2006.

This resource, written from a Jewish perspective, contains a section on "forgiveness" that makes it an especially valuable resource for compassion. The author also explores "Judaism's Thirteen Attributes of Lovingkindness" as the means of cultivating a life of goodness.

**Teaching Empathy: A Blueprint for Caring, Compassion, and Community**. David A. Levine, Solution Tree, 2005.

In the mindset of the Dalai Lama, who believes it is essential to teach children about compassion, David Levine has designed this book for teachers to use with children in helping them to be empathetic. This marvelous resource could easily be adapted to teach adults about the same thing. The book includes a CD of songs related to the theme of empathy.

**The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief**. Francis Weller, North Atlantic Books, 2015.

One reviewer writes of this book: “(It) marries uncommon compassion with clear-eyed discernment...It is a comprehensive manual for conscious grieving and opening to the unprecedented joy and passion that result from embracing our sorrow.” Weller offers clear insights and practical applications from his experience of working with grief as a psychotherapist.

**Your Sorrow is My Sorrow: Hope and Strength in Times of Suffering**, Joyce Rupp, Crossroad, 1999.

*“The painful pieces of Mary’s life help us to get through our own rough-edged moments.”* (J. Rupp) This book is based on the seven sorrows of Mary, mother of Jesus of Nazareth, as noted in scripture and legend. In this resource, each sorrow of Mary is connected to some dimension of suffering in people’s lives today. Each section includes prayers related to aspects of suffering.

See also from Week 1:

**Buddha’s Brain: the practical neuroscience of happiness, love and wisdom**, Rick Hanson with Richard Mendius, New Harbinger Publ., 2009.

**Compassion: Listening to the Cries of the World**, Christina Feldman, Rodmell Press, 2005.

**Compassion: A Reflection on the Christian Life**, McNeill, Morrison, Nouwen. 1982.

**The Conspiracy of Compassion: Breathing Together for a Wounded World**, Joseph Nassal. Forest of Peace, 1997.

See also from Week 2:

**Radical Acceptance: embracing your life with the heart of a Buddha**, Tara Brach, Bantam Books, 2003.

**The Rhythm of Compassion: Caring for Self, Connecting with Society**, Gail Straub, Journey Editions, 2000.

**The Force of Kindness: Change Your Life with Love & Compassion**, Sharon Salzberg, Sounds True, 2005.

## **Week 4: From Hostility to Hospitality**

**Barking to the Choir: The Power of Radical Kinship**, Gregory Boyle. NY: Simon and Schuster, 2017.

The author, a Jesuit priest, works with gang-intervention in Los Angeles. This second book of his also focuses on those who have left gangs to work at Homeboy Industries. Boyle's profound compassion and his sense of humor thread through the many anecdotes and deep reflections Boyle makes regarding God and the people he serves with inspiring dedication.

**Befriending the Stranger**, Jean Vanier, Novalis, 2005.

Jean Vanier, the inspiring and loving founder of L'Arche, communities of people with emotional and mental disabilities, reflects on who we are and how we develop loving communities. In particular, he queries if we can be truly compassionate toward others if we are not compassionate toward ourselves. In a series of six meditative pieces, Vanier invites the reader to be at home with one's own and other's fragility, abilities and disabilities.

**Birth of a White Nation: the Invention of White People and Its Relevance Today**, Jacqueline Battalora, Strategic Book Publishing & Rights Co., 2013.

Birth of a White Nation is a fascinating new book on race in America that begins with an exploration of the moment in time when "white people," as a separate and distinct group of humanity, were invented through legislation and the enactment of laws. The book provides a thorough examination of the underlying reasons as well as the ways in which "white people" were created. It also explains how the creation of this distinction divided laborers and ultimately served the interests of the elite.

**The Bond Between Women: A Journey to Fierce Compassion**, China Galland, Riverhead Books, 1998.

The author writes: "There is a goodness, a Wisdom that arises, sometimes gracefully, sometimes gently, sometimes awkwardly, sometimes fiercely, but it will arise to save us if we let it..." This book's approach is partly spiritual pilgrimage to India, Brazil, and Argentina, and partly a call to compassionate action. Galland terms her work "fierce compassion," because of her strong anguish regarding suffering, particularly that of women throughout the world.

**Bridges Out of Poverty: Strategies for Professionals and Communities**, Ruby K. Payne, Philip DeVol, Teri Dreussi Smith, Aha! Process Inc., 2001.

Numerous biases and prejudices exist with many in society regarding persons who are disenfranchised and financially burdened. This book is a treasure for exploring generational poverty and for discovering the hidden issues. The authors offer numerous scenarios to help the reader understand the history and context of those who are poor. The book includes practical suggestions and applications to aid those connected directly, or indirectly, with persons experiencing generational poverty.

**Caryll Houselander, Essential Writings**, selected and edited by Wendy M. Wright, Orbis Books, 2005.

*"Love, and love alone, can make life welcome to us; we can help one another by love, as never before and nothing else can comfort, encourage, be patient and heal, as love can do now."*

(C. Houselander) This book contains central excerpts from Houselander's writings. This Christian writer is renowned for her compassionate work and her insights into the oneness which is a basic concept for understanding and living compassionately.

**Cloud of Witnesses**, Jim Wallis and Joyce Hollyday, Orbis Books, 2005.

A revised edition of a popular resource containing 35 portraits (interviews and biographical profiles) of influential persons from varied religious and ethnic backgrounds. Their work for justice and peace embodies the gospel challenge of our era. An inspiring and encouraging book.

**Compassion: Loving our Neighbor in an Age of Globalization**, Maureen O'Connell, Orbis Books, 2009.

O'Connell presents compassion through the lens of philosophy and theology. She widens this lens as she reconstructs a view of compassion that requires active participation to end the world's suffering and injustice. ("Genuine and effective compassion is less concerned with emergency relief or philanthropic charity and more closely connected with development aid and social justice.") A challenging and essential resource for a deeper understanding of compassion.

**The Compassion Connection: Recovering Our Original Oneness**, Catherine T. Nerney, Orbis Books, 2018.

Nerney has gathered the central aspects of compassion from a Christian perspective and brought them to light with captivating stories and theological reflection. She connects these meaningful narratives to everyday lives, with an emphasis on personal transformation. In one of the most inspiring chapters, the author "recognizes the God of Compassion wearing our human face" by reflecting on excerpts from the journals of Etty Hillisum, the young Jewish woman who died at Auschwitz. The brokenness of our world and the compassionate heart of the Holy One thread through this valuable resource.

**Difficult Conversations: How to Discuss What Matters Most**, Douglas Stone, Bruce Patton, Sheila Heen, Penguin Books, 1999.

In order to truly extend compassion to those with whom we have difficulties in communication and disagreements in beliefs, we need to be able to enter into non-defensive conversation. The authors give practical steps on how to dialogue in a compassionate manner.

**Gandhi & Jesus: The Saving Power of Nonviolence**, Terrence J. Rynne. Orbis Books, 2008.

Rynne presents a clear, distinct and evocative understanding of Gandhi's *satyagraha*, ("which means 'firmly holding to the truth' in the midst of conflict while reaching out with nonviolent, suffering love.") A fitting and helpful book for the current culture in which conflict abounds, the many quotes of Gandhi in this book are both inspiring and challenging. The author also presents aspect of the teachings of Jesus that correspond to Gandhi's movement of nonviolence. Readers might be put off by the development in the last part of the book regarding a presentation of "the multiple versions of salvation theologies." Rynne manages to pull it all together, however, by concluding that a non-atonement view of the suffering of Jesus corresponds with what Gandhi lived and taught.

**Half the Sky: Turning Oppression Into Opportunity For Women Worldwide**, Nicholas D. Kristoff and Sheryl WuDunn, Vintage Books, 2010.

This powerful book reports on the enormous humanitarian issue of women's oppression, especially in underprivileged countries. The authors relate stories of courageous women they met, women living in unimaginable situations of degradation. Their stories also include how some have risen above these conditions and now work to help other women. This book not only inspires compassion, it offers excellent suggestions such as micro-financing as a way for people of privilege to assist women in need of self-determination.

**Just Mercy, A Story of Justice and Redemption** Bryan Stevenson, Spiegel & Grau, 2015.

This powerful book takes the reader inside the bigotry and racial inequality connected with incarceration. Stevenson is the founder of the Equal Justice Initiative, a legal practice "dedicated to defending the poor, the wrongly condemned, and those trapped in the furthest reaches of our criminal justice system." In the book, he profiles death-row prisoners, many of whom have been wrongly convicted, and his efforts to free them. He also tells stories of individuals sentenced to life imprisonment for non-homicidal juvenile offenses, and his success in changing the laws that permit such injustice to occur.

**Justice Rising: the Emerging Biblical Vision**, John Heagle. Orbis Books, 2010.

A solid, foundational resource for understanding the implications of Biblical texts in relation to cultural reality. Chapter 4, "Challenging Systems of Injustice" especially gives clear insights as to why and how changing systems is essential for essential and effective compassion.

**Meeting Jesus Again for the First Time**, Marcus Borg, HarperSanFrancisco, 1994.

Worth it for Chapter 5, "Jesus, Compassion, and Politics." Borg points out that for Jesus "compassion was the central quality of God and the central moral quality of a life centered in God."

**The Middle of Everywhere: Helping Refugees Enter the American Community**, Mary Pipher, Harcourt, Inc., 2002.

Psychologist Mary Pipher works with refugees via schools, social service agencies, and individual homes. She interacts with immigrants of every age, from diverse countries. In this book, Pipher opens the readers' eyes and heart to understand the struggles that refugees experience when they enter a foreign culture where their values and way of life are severely challenged and sometimes obliterated.

**Mighty Be Our Power: How Sisterhood, Prayer, and Sex Changed a Nation at War**, Leymah Gbowee, Beast Books, 2011.

Leymah Gbowee, winner of the 2011 Nobel Peace Prize for her non-violent struggle for women's rights, had a significant influence in putting an end to the Second Liberian Civil War in 2003. Her indefatigable and brave stance also led to the election of Ellen Johnson Sirleaf, Liberia's first female president. This is an honest book that presents peace and justice efforts in their difficult and often discouraging reality. Gbowee is a strong, determined, hopeful woman who managed to organize large groups of Liberian women to participate in Liberia's peace-building. (Also, the film on this: "Pray the Devil Back to Hell")

**Mohandas Gandhi: Essential Writings**, selected with an introduction by John Dear, Orbis, 2002.

*“My life is one indivisible whole, and all my activities run into one another, and they all have their rise in my insatiable love of humanity.”* (M. Gandhi) Mohandas Gandhi is a major influence in the movement of non-violence - a key element in living compassionately. This enriching book contains a wide variety of writings from Gandhi’s philosophy and messages, all focused around his longing for peace in the world.

**Mountains Beyond Mountains: The Quest of Dr. Paul Farmer, a Man Who Would Cure the World,** Tracy Kidder, Random House, 2003.

Paul Farmer has spent much of his time in Haiti, giving medical service to the poorest of the poor, establishing clinics, and trying to raise sufficient money to acquire medical equipment and supplies necessary to run those clinics. Farmer is fearless, compassionate, and deeply dedicated in his work to help Haitians.

**My Grandmother’s Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies,** Resmaa Menakem. Central Recovery Press, 2017.

Robin Diangelo, author of *White Fragility* describes the focus and content of Menakem’s significant book on systemic racism: “The body is where our instincts reside and where we fight, flee or freeze. (This book) is a call to action for Americans to recognize that racism is not only about the head, but also about the body. Menakem introduces an alternative view of what we can do to grow beyond our entrenched racialized divide and takes readers through a step-by-step healing process based on the latest neuroscience and somatic healing methods.” What makes this book especially insightful and helpful is the author’s recognition that trauma resides in the cells of our bodies. If we are ever to move beyond systemic racism we must tend the trauma in the physical bodies of all Americans whose history shows that each one carries generational trauma related to racism.

**Nomadland: Surviving America in the Twenty-First Century,** Jessica Bruder

This book provides an informative and intriguing look into a marginalized group that many are unaware of. Mostly transient older adults have no home except an old model car, van or school bus in which they live and travel from place to place to obtain temporary jobs for their financial survival. The personal stories of these invisible transients reveals their resilience and creativity amid the work they take on, work that often pays unjust wages and exacts excruciating labor.

**Passionaries: Turning Compassion into Action,** Barbara Metzler, Templeton Foundation Press, 2006.

Metzler creates the term “*passionaries*” to describe “*passionate visionaries who take positive actions and significantly change the lives of others.*” Her interviews and accounts of thirty-five persons who’ve made this kind of difference are both informative and inspiring. She also includes websites and other pertinent information related to the work these passionaries do.

**Resisting Structural Evil: Love as Ecological-Economic Vocation,** Cynthia Moe-Lobeda, Fortress Press, 2013.

The author suggests that the future of the earth is not simply a matter of protecting species and habitats but of rethinking the very meaning of Christian ethics. Much like Pope Francis teaches in *Laudato Si*, Moe-Lobeda believes that the earth crisis cannot be understood apart from the



larger human crisis—economic equity, social values, and human purpose are bound up with the planet's survival. Reorienting Christian ethics from its usual anthropocentrism to an ecocentrism entails a new framework that Moe-Lobeda lays out in her first chapters, culminating in a creative rethinking of how it is that we understand morality in the light of our relationship to the planet and to Christianity.

**This Flowing Toward Me: A Story of God Arriving in Strangers**, Marilyn Lacey, rsm. Ave Maria Press, 2009.

Lacey's book tells of how she became involved in helping the resettlement of immigrants and is filled with inspiring stories. Lacey's compassion leads her to live in refugee camps and help displaced persons in Africa and Asia. An essential book for anyone desiring to gain a deeper and clearer insight into what displaced persons experience.

**Toward a Spirituality for Global Justice: A Call to Kinship**, Elaine Prevallet, JustFaith Office, 2005.

Elaine Prevallet views life through a three-fold lens: science, the solidarity of humanity, and a vision of communion. She lays a solid foundation for broadening our sense of justice to include kinship with all members of the community of life on planet Earth, and for living a life of commitment and compassion.

**Unbowed: A Memoir**, Wangari Maathai, Anchor Books, 2006.

In *Unbowed*, this Nobel Peace Prize winner from Kenya recounts her extraordinary journey of founding the Green Belt Movement. In 1977, she began a poor people's environmental effort that has inspired women there and people throughout the world to plant millions of trees. Having endured jailings, beatings, and personal losses, this strong woman continues to work successfully to save Kenya's forests and to restore democracy to her beloved country.

**The Whole Language: The Power of Extravagant Tenderness**, Gregory Boyle. Avid Reader Press, New York: 2021

As with his other two books, Gregory Boyle's message is filled with compassion for those who are marginalized. The author sweeps aside harsh judgment of the former gang members who've been wounded by cruel childhood experiences. He approaches these young men and women with a tenderness born in the heart of divinity. Filled with his ability to tell story and create laughter, Boyle equally fills this book with profound insight and wisdom.

See also from Week 1:

**Becoming Wise: An Inquiry into the Mystery and Art of Living**, Krista Tippett. NY: Penguin Press, 2016.

**Buddha's Brain: the practical neuroscience of happiness, love and wisdom**, Rick Hanson with Richard Mendius. New Harbinger Publ., 2009.

**Holy Envy: Finding God in the Faith of Others**, Barbara Brown Taylor, HarperOne, 2019.

See also from Week 2:

**Befriending the Stranger**, Jean Vanier. Novalis, 2005.

See also from Week 3:

**Etty Hillisum, *An Interrupted Life & Letters from Westerborg***, Etty Hillisum, Holt Paperbacks, 1996.

**Hope Abundant: Third World and Indigenous Women's Theology**, ed. Kwok Pui-Lan.

Orbis Books, 2010.

**Hope's Boy**, Andrew Bridge. Hyperion, NY, 2008.

**Medicine and Compassion: A Tibetan Lama's Guidance for Caregivers**, Chogyi Nyima Rinpoche with David R. Shlim, MD. Wisdom Publ., 2006.

**Night Call: Embracing Compassion and Hope in a Troubled World**, Robert J. Wicks, Oxford, 2018.

## **Week 5: A Thousand Unbreakable Links**

### **Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants**, Robin Wall Kimmerer, Milkweed Editions Publ., 2013.

Kimmerer's book serves as an excellent resource for reflection on compassion for creation. (from an Amazon review): "As a member of the Citizen Potawatomi Nation, she embraces the notion that plants and animals are our oldest teachers...Kimmerer brings these two lenses of knowledge together... Drawing on her life as an indigenous scientist, and as a woman, Kimmerer shows how other living beings—asters and goldenrod, strawberries and squash, salamanders, algae, and sweetgrass—offer us gifts and lessons, even if we've forgotten how to hear their voices."

Kimmerer believes "the awakening of ecological consciousness requires acknowledgment and celebration of our reciprocal relationship with the rest of the living world."

### **Coming Back to Life: the Updated Guide to the Work that Connects**, Joanna Macy, Molly Brown, New Society Publishers, 2014.

The authors have long been aware of the deepening global crisis regarding the environment. Joanna Macy had long warned of the detrimental effects of environmental abuses and has dedicated her life to teaching others how to care for our planet. In this 2014 edition, the authors invite readers to be in touch with the pain of the world and to "opt for a life-sustaining" approach by the way they relate to the environment.

### **The Compassionate Universe: The Power of the Individual to Heal the Environment**, Eknath Easwaran, Nilgiri Press, 1989.

*"A hummingbird threads its long, delicate bill into the center of the flower, not even touching the petals, and sips its breakfast... this is how we all can live, gradually outgrowing a way of life in which we gulp down all the nectar, spoil the flower by pulling off the petals, and finally uproot the plant."* (E. Easwaran) Influenced by Mohandas Gandhi and the *Bhagavad Gita*, Eknath Easwaran uses stories and compassionate insights to offer spiritual and practical remedies for healing what has been wounded in creation.

### **The Great Turning: from empire to earth community**, David C. Korten, Kumarin Press, 2006.

"It is the premise of *The Great Turning: From Empire to Earth Community* that we humans stand at a defining moment that presents us with an irrevocable choice. Our collective response will determine how our time is remembered for so long as the human species survives. In the days now at hand, we must each be clear that every individual and collective choice we make is a vote for the future we will bequeath to the generations that follow. *The Great Turning* is not a prophecy; it is a possibility." (David Korten)

### **The Great Work: Our Way into the Future**, Thomas Berry, Broadway Books, 2000.

This cultural historian calls upon all aspects of society to work toward an appreciation rather than an exploitation of creation. He expresses great concern for planet Earth and the 'disruption of the Earth process.' Berry's ecological insights illuminate the need for education and awareness as he urges action on behalf of our environment.

**Medicine for the Earth: how to transform personal and environmental toxins**, Sandra Ingerman, Three Rivers Press, 2000.

This resource offers the gift of looking at compassion through a shaman's view. Ingerman's focus is on the power of loving energy to aid spiritual transformation. For example, she writes of the ego's illusion of thinking itself as a separate entity, thus being an obstacle to the oneness that is truly present in all that exists. Ingerman returns time and again to some facet of compassion, doing so with essays, creative visualizations, and helpful information about rituals and chants from indigenous healing practices.

**The More Beautiful World Our Hearts Know Is Possible**, Charles Eisenstein, North Atlantic Books, 2013.

Throughout his book, Eisenstein relates real-life stories showing how small, individual acts of courage, kindness, and self-trust can change our culture's guiding narrative of separation, which, he shows, has generated the present planetary crisis. He brings to conscious awareness a deep wisdom we innately know: until we get ourselves in order, any action we take—no matter how good our intentions—will ultimately be wrongheaded and wronghearted. Eisenstein invites us to embrace a paradigm shift, a radically different understanding of cause and effect, sounding a clarion call to surrender our old worldview of separation, so that we can finally create the more beautiful world our hearts know is possible.

**On Care for Our Common Home (Laudato Si')**, Pope Francis encyclical letter, 2015.

An appeal from Pope Francis to “every person living on this planet” for an honest and inclusive dialogue about how we are shaping the future of our planet. This encyclical acknowledges the critical situation of environmental challenges and urges both knowledge and action regarding the future of planet Earth.

**Thinking Like a Mountain: Towards a Council of All Beings**, John Seed, Joanna Macy, Pat Fleming and, Arne Naess, New Society Publishers, 1988.

This collection of readings, meditations, poems, guided visualizations written by environmentalists is an excellent resource for entering into a more comprehensive relationship with the suffering of creation. This book intends to help the reader move beyond a sense of alienation from the living Earth to a dimension where compassion arises for each part of creation.

**The Universe Story: A Celebration of the Unfolding of the Cosmos**, Brian Swimme and Thomas Berry, HarperSanFrancisco, 1992.

This book not only describes in poetic detail the unfolding of the universe, it also entices the reader into a loving embrace of that universe. This enticement and appreciation for the wonder of creation elicits compassion for the woundedness of it. The authors express their concern: “*The human soul shrivels into its own being and loses its life-giving contact with all those invigorating experiences of natural phenomena that have guided and energized human activities over the centuries.*”

See also from Week 4:

**Toward a Spirituality for Global Justice: A Call to Kinship**, Elaine Prevallet. JustFaith Office, 2005.

## **Week 6: Becoming a Compassionate Presence**

### **Awakening Compassion at Work - The Quiet Power That Elevates People and Organizations**, Monica C. Worline and Jane E. Dutton, Berrett-Koehler, 2017.

This resource bridges the "spiritual" language of compassion with an organizational environment. The authors present a provocative question for anyone associated with the work-world: "Even if we know that people suffer, should businesses or work organizations care?" Worline and Dutton then succinctly articulate what compassion at work involves, suggest how to integrate a compassionate presence in an organization's culture, and indicate ways leaders can be a compassionate presence. The authors weave in stories of leaders and organizations that are awakening compassion at work, the impact this has on the work culture, the people employed and the sustainability of organizations. The book concludes with a personal blueprint for compassion at work and an organization's blueprint for compassionate competence.

### **The Book of Joy: Lasting Happiness in a Changing World**. His Holiness the Dalai Lama, Archbishop Desmond Tutu with Douglas Abrams, NY: Penguin Random House, 2016.

Douglas Abrams brought together these two wise figures and recorded the conversations between them. Abrams often adds his own insights as he reflects on the topics they share. Some of these are: Kindness, joy, generosity, gratitude, humor, suffering and compassion. This is a beautiful resource that both inspires and encourages the reader to live compassionately.

### **Comfortable with Uncertainty: 108 Teachings on Cultivating Fearlessness and Compassion**, Pema Chödrön, Shambhala, 2002.

This book is a series of short excerpts from Pema Chödrön's books to help us cultivate compassion in daily living. It is a good introduction to Pema's writings. The gift of each teaching is that it provides practical methods for heightening awareness and overcoming habitual patterns that block compassion. She writes, "the basic ground of compassionate action is *working with* rather than *struggling against*."

### **Compassion in Action: Setting Out on the Path of Service**, Ram Dass and Mirabai Bush. Bell Tower, 1992.

The second half of this book, "First Steps" by M. Bush, provides tremendous value in its approach to the "action" part of compassion. In thirteen short chapters, Bush presents insights from many angles regarding service, including a clear look at motivations, how to stay awake to suffering, the use of resources, skills and talents in the cause of compassion.

### **The Compassionate Connection: The Healing Power of Empathy and Mindful Listening**, David Rakel, M.D., W.W. Norton & Co., 2018.

Dr. Rakel founded the University of Wisconsin's Integrative Medicine program. This book primarily focuses on compassion in health-care professions. Although it has that focus it is also applicable to compassionate communication in every type of relationship. The author applies neurobiology and brain-based research to becoming present with another person. This seems to be increasingly difficult in our hectic world but deep listening enables people to establish trusting relationships and exchange meaningful information.

**Conversation: the Sacred Art**, Diane Millis, Skylight Paths, 2013. (especially Chapter 9: “Practicing Compassionate Presence.”)

This resource provides a worthy foundation for small group or one-to-one conversations during programs on compassion. It can serve as a catalyst for anyone wanting to review and enrich conversation with others. The material encourages readers “to increase their capacity to listen deeply and become more self-aware and attentive to others.”

**Creativity and Compassion: How They Come Together**, Edited by John Briggs. Karuna Publications, 2012.

This book is filled with essays from participants at a Western CT State U. conference. The authors come from a wide range of religion, age, education, and profession. The essays contain valuable quotes and insights gleaned from reflection on this topic. This is a resource for more than artists and poets. Anyone seeking to receive a fresh look at compassion will benefit from this resource which offers many practical applications of compassion for daily life.

**Field of Compassion: How the New Cosmology is Transforming Spiritual Life**, Judy Cannato. Sorin Books, 2010.

Based on the work of British biologist Rupert Sheldrake’s concept of morphogenic fields, Judy Cannato connects this theory to the spiritual nature of compassion. In her words, “*Field of Compassion* rests on the conviction that we can become increasingly aware of who we are and how we influence our environment, and that we can and must make choices that are life-giving for all.”

**Gandhi’s Hope: Learning from Other Religions as a Path to Peace**, Jay McDaniel, Orbis Books, 2005.

Part of the world’s suffering comes from a misunderstanding and a misuse of religion. In McDaniel’s book, he suggests that Gandhi’s hope (“...*when people belonging to different faiths will have the same regard for other faiths that they have for their own.*”) must be realized in order to alleviate the world’s pain. After elucidating the five challenges faced by the world’s religions, the author then proceeds via spiritual and theological perspectives to delineate ways that Gandhi’s hope can be fulfilled.

**Mindfulness-Based Compassionate Living (2015) and A Practical Guide to Mindfulness-Based Compassionate Living (2018)**, Erik van den Brink and Frits Koster, both published by Routledge.

Compassion involves both sensitivity to our own and others’ suffering and the courage to deal with it. Van den Brink and Koster have integrated the work of experts in the field including Paul Gilbert, Kristin Neff, Christopher Germer, and Tara Brach, and created an eight stage step-by-step compassion training program. To enhance the learning experience, the Guide includes accessible transcripts and downloadable audio exercises, as well as worksheets to explore experiences during exercises.

**Night Call: Embracing Compassion and Hope in a Troubled World**, Robert J. Wicks, Oxford, 2018.

In *Night Call* Robert Wicks draws on the stories and principles gleaned over many years of writing and mentoring. He writes especially for those who are involved in some aspect of care-

giving. His wisdom and insightful stories flow easily as he addresses such topics as compassion, failure, self-care and resiliency.

**The Power of Compassion**, H.H. Dalai Lama with translation by Thupten Jinpa, Thorsons Publishing, 1981.

This book is composed of a series of lectures by Dalai Lama. He addresses a variety of human issues in daily life and addresses them with wisdom and compassion. It also includes a significant number of questions from the lecture audience and also includes the Dalai Lama's responses. One lecture on "Giving and Receiving, a practical way of directing love and compassion" provides an approach to living with genuine compassion and applies it to specific professions.

**Strength in What Remains: A Journey of Remembrance and Forgiveness**, Tracy Kidder, Random House, 2009.

This inspiring story of Deo Gratias, a young medical student in Burundi, tells of his horrific experiences of civil war and genocide and his escape to the U.S. Upon arrival he knows no one and has only \$200. His journey of hunger and extreme deprivation in New York City, and the strangers he meets who help him recover his life and begin to heal from his terrible memories, elicits compassion for immigrants and all who bear the inner scars of humanity's pain.

**Tattoos on the Heart: The Power of Boundless Compassion**, Gregory Boyle, Free Press, 2010.

An amazing book about *Homeboy Industries*, the successful project Boyle started twenty years ago in Los Angeles to help gang members with job education and work in order to move them beyond their life of violence. Filled with personal accounts that touch the reader profoundly, Boyle describes the tough reality of these young people's lives. This book teaches volumes about bringing compassion to those whom society fears. Boyle's compassionate non-judgment offers immense inspiration to his readers.

**The Wise Heart: A Guide to the Universal Teachings of Buddhist Psychology**. Jack Kornfield, 2008, New York, Bantam House.

The author articulates 26 Principles of Buddhist Psychology. Of particular interest are his principles regarding compassion and love. An example of one principle is: "a generous heart gives birth to love. When love meets suffering it turns to compassion. When love meets happiness it turns to joy." Essential to Buddhist psychology is compassion, and the author applies loving-kindness, joy, compassion, and equanimity as a roadmap to living from a wise heart.

**With Open Hands**, Henri J.M. Nouwen, Ave Maria Press, 1972, 2005.

*"Compassion grows with the inner recognition that your neighbor shares your humanity with you."* (H. Nouwen) This book has been around a long time but it remains a fine, succinct resource. Nouwen's chapter on *"Prayer and Compassion"* is excellent.

See also from Week 1:

**A Path With Heart: A Guide Through the Perils and Promises of Spiritual Life**, Jack Kornfield. Bantam Books, NY, 1993.

**Field Notes on the Compassionate Life: A Search for the Soul of Kindness**. Marc Ian

Barasch, Rodale Publ., 2005.

**LovingKindness: The Revolutionary Art of Happiness**, Sharon Salzberg. Shambhala, 1995.

**Voices of Our Ancestors: Cherokee Teachings from the Wisdom Fire**, Dhyani Ywahoo. Shambhala, 1987.

See also from Week 2:

**The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions**, Christopher K. Germer. Guilford Press, 2009.

**The Rhythm of Compassion: Caring for Self, Connecting with Society**, Gail Straub. Journey Editions, 2000.

See also from Week 3:

**Dorothee Soelle: Essential Writings**, selected with an introduction by Dianne L. Oliver. Orbis Books, 2006.

**Etty Hillisum, *An Interrupted Life & Letters from Westerbork***, Etty Hillisum, Holt Paperbacks, 1996.

**The Heart of Compassion: The Thirty-Seven Verses on the Practice of a Bodhisattva**, Dilgo Khyentse. Shambhala, 2007.

See also from Week 4:

**Mohandas Gandhi: Essential Writings**, selected with an introduction by John Dear, Orbis, 2002.



## Websites Related to Compassion

There are numerous websites related to compassion that include the research being done, various organizations grounded in compassion, individual teachers on topics related to compassion, and much more. The following are a few of the many worth visiting.

[www.AdventuresInCaring.org](http://www.AdventuresInCaring.org) (this website on compassion in health care contains some great handouts but need to buy the expensive DVDs that go with them in order to use the handouts w/out copyright infringement)

[www.befriendingourselves.com](http://www.befriendingourselves.com) Resources for Inner Peace and Compassionate Self-Care. Includes poetry, quotes, and a good collection of exercises to motivate and deepen compassion.

<http://ccare.stanford.edu> The Center for Compassion and Altruism Research and Education. Contains article on CCARE and information on current research regarding compassion.

<http://www.caregiver.org> Family Caregiver Alliance The page on “articles and tips” for new caregivers has valuable information.

[www.cnvc.org](http://www.cnvc.org) The Center for Nonviolent Communication (NVC) “is based on the principles of nonviolence-- the natural state of compassion when no violence is present in the heart. NVC begins by assuming that we are all compassionate by nature and that violent strategies—whether verbal or physical—are learned behaviors taught and supported by the prevailing culture.”

<http://charterforcompassion.org> Charter of Compassion includes talks by outstanding leaders; also has regular updated information on global events related to compassionate action.

<http://www.compassionatelistening.org/> Dedicated to helping individuals, organizations, and countries learn how to listen compassionately as a way to develop peace.

[www.compassionatemind.co.uk/](http://www.compassionatemind.co.uk/) The compassionate mind foundation is a great resource. Has video and audio files from Paul Gilbert’s talks, etc.

<http://www.compassionatefriends.org> Support community for those grieving the death of a child.

<http://www.compassionfatigue.org/> Education and resources related to compassion fatigue.

[www.fetzer.org](http://www.fetzer.org) “Conversations about Compassion” a downloadable program that includes facilitator and participant guide. short video talks by key persons such as Parker Palmer, Rigobertu Menchu, etc.

<http://www.forgiveness-institute.org/> International Forgiveness Institute. Resources for those teaching forgiveness education.

<http://www.globalonenessproject.org/videos/whatwoulditlooklike> “What Would It Look Like?” Great 25 min. film on oneness and diversity. “What if the world embodied our highest potential? What would it look like? As the structures of modern society crumble, where do we find solutions that can help us build the future that serves us all? This ... film retrospective asks us to reflect on the state of the world and ourselves, and to listen more closely to what is being asked of us at this time of unprecedented global transformation.”

[www.mindsightinstitute.com](http://www.mindsightinstitute.com) Daniel Siegel, M.D., founded the Mindsight Institute, “an educational center devoted to promoting insight, compassion and empathy in individuals, families, and organizations.

<http://www.news.wisc.edu/14944> University of Wisconsin at Madison study on compassion in connection with neuroscience: “Study shows compassion meditation changes the brain.”

<http://www.nonviolence.com/> The Non-Violence Project. This hope-filled site includes worldwide news video updates related to non-violence. Free handouts available for downloading.

<http://www.onenessuniversity.org> Webcasts and information about the Deeksha (Oneness) blessing of the frontal lobe of the brain (area where compassion can be strengthened).

<http://www.1000peacewomen.org/> PeaceWomen Across the Globe is a new project on peace building, born from the 1000 Women for the Nobel Peace Prize 2005 campaign. Empowering women around the globe.

<http://www.rickhanson.net> Hanson is the author of *Buddha's Brain*, an excellent, practical look at neuroscience and compassion. He has a free, online newsletter that encourages growth in personal transformation.

<http://www.self-compassion.org/> This is author Kristin Neff's (*Self-Compassion*) website. She includes guided self-compassion meditations and exercises to increase self-compassion.

[www.servantleadergreensboro.com](http://www.servantleadergreensboro.com) “The Compassion Circle Practice” – an excellent program from a Christian perspective. Excellent resources that can be downloaded.

<http://www.shambhala.org/teachers/pema/index.php> Contains teachings and meditations by Pema Chodron, a Buddhist nun whose work offer much wisdom regarding compassion.

[www.ted.com/talks/view/id/229](http://www.ted.com/talks/view/id/229) Jill Bolte Taylor speaks of what happened to her when she had a stroke. An inspiring account related to compassion/neuroscience.

[www.traumaresourceinstitute.com](http://www.traumaresourceinstitute.com) Trauma Resource Institute Compassion without Borders Videos and articles on this site.

Many of the TED podcasts relate to compassion and can be downloaded for free.

[\*\*https://www.ted.com/topics/compassion\*\*](https://www.ted.com/topics/compassion)

DVD: Spiritual Literacy DVD series

Contains the vignettes used in the Boundless Compassion workshops and retreats.

<http://www.spiritualityandpractice.com>