

February Meditation & Communi-Tea Suggestions & Resources

- A. Engage in a regular mindfulness practice
- B. Make inner resolutions & take outer actions to grow compassion in yourself, your family, workplace & nation.
- C. Compassion in daily life
 - 1. Loving kindness moments (LKM's)
 - a) Family - recognize how your family nourishes you. Consider you nourish them.
 - b) Workplace - recognize how your work benefits you and others. Consider what you contribute.
 - c) Nation - appreciate the human rights you enjoy. Consider how you can support others in living freely, happily & safely.
 - 2. Loving kindness actions in your family, workplace & nation.
- D. Resources
 - 1. U.N. Declaration of Human Rights <http://www.ohchr.org/Documents/Publications/Posteren.pdf>
 - 2. Amnesty International U.S.A. <http://www.amnestyusa.org>
 - 3. Seeds of Compassion: Why It Matters <http://www.seedsofcompassion.org/why/>
 - 4. Compassion. Bridging Practice & Science. Free download e-book which describes many different forms of compassion practice from various perspectives such as experiences in schools, in psychotherapy, coaching, or in the end-of-life care. <http://www.compassion-training.org/?lang=en&page=about>