I. Homework

   A. Setting up a home practice

      1. Find the place & time that works for you

      2. Experiment with posture

      3. On-line guided meditations

   B. Inner resolution

      1. How can I use empathy as a step stone to compassion? I resolve to . . .

   C. Compassion in daily life

      1. Spend a day tuning into how people around you are feeling.

      2. It is often difficult to witness suffering and to engage with someone in distress, especially when we are preoccupied with our own concerns. Notice, over the next month, when you want to turn away. Instead, remember how it feels to be hurt, depressed, angry, helpless, and distraught. Then remember what it was like to have someone be kind and caring toward you. Offer that person a kind gesture.

      3. Practice the Buddha's meditation on The Four Immeasurable Minds of Love and Beyond for your self, a neutral person, a dear one and a difficult person: http://dharmaworks.net/DharmaTouch/wp-content/uploads/2015/04/The-Four-Immeasurable-Minds-of-Love-Beyond-Boundaries.pdf

      4. Moments of Empathy (MOE's)

         a) Recognize the experiences that arouse your empathy. Stay with the experience long enough to really feel and take as many details of the circumstances as you can. Notice the elements of the experience in which you experience a shared humanity.

         b) Art calls us to recognize our pain and aspirations and to open our minds to others. Art helps us—as it helped the Greeks—to realize that

we are not alone; everybody else is suffering. Think about a piece of art, a performance, book, or movie that has helped you develop empathy toward others. Has it moved you to act?

D. Resources

1. View Roshi Joan Halifax TED Talk: Compassion & the True Meaning of Empathy https://www.ted.com/talks/joan_halifax?language=en

2. Listen to Roshi Joan Halifax On Being interview: Compassion's Edge States & Caring Better: http://www.onbeing.org/program/compassions-edge-states/4980