

The Freedom of Compassion Week One (10/30/25)

The Freedom of Compassion allows us to meet every experience with strength, balance, resilience, steadiness of mind/heart. Now, more than ever, we may benefit from cultivating this quality of heart and from the support of being with others in practice.

1. **Begin your day and/or your daily sitting:** *by taking a few moments to bring to your heart/mind your intention or aspiration to live a wakeful, engaged, compassionate life. (Or whatever intention resonates with you – or simply form the intention to open to compassion for the next 7 weeks. Then do your part to open to where tenderness, caring, compassion are in you.)*
2. **Sitting:** For a minimum of 15-30 minutes per day (more if you are able). Please practice your meditation in silence (If you use apps-use them only a few times this week). Do your best! Keep your meditation simple.
3. **Gratitude Practices:** Gratitude is the capacity to take delight, to let ourselves feel joy, wonder. *Our life is the gift of many lives!*
 - Text or email your buddies from class, 3 things you are grateful for each day. Can be anything.
 - Cultivate a sense of appreciation each day.
 - Thank someone every day.
4. **Please write down and bring to our next class:** One thing about compassion that you noticed or explored each day. For example: Noticing what compassion is or isn't in daily life. Or what allows compassion to arise? Or what allows you to be compassionate? And notice what stops you from being compassionate?
5. **For those who wanted the phrases used in class:** May I find healing, May I find peace or ease in this moment, May I rest in caring, tenderness, compassion.