

A group of six diverse young adults (three men and three women) are smiling and huddled together outdoors. They are wearing casual clothing like t-shirts, a hoodie, and a plaid shirt. The background is a soft-focus natural setting with greenery and a rock wall.

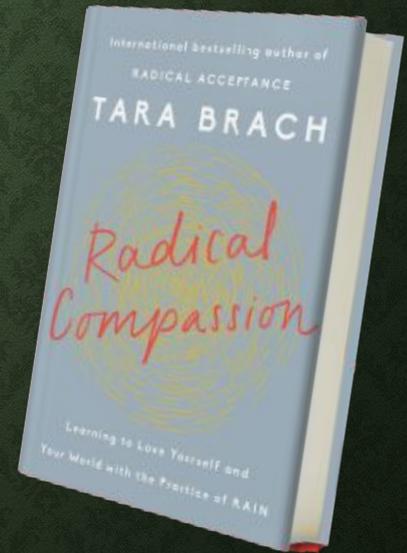
RADICAL COMPASSION

Develop your practice of compassion for yourself and others.

Radical Compassion Defined

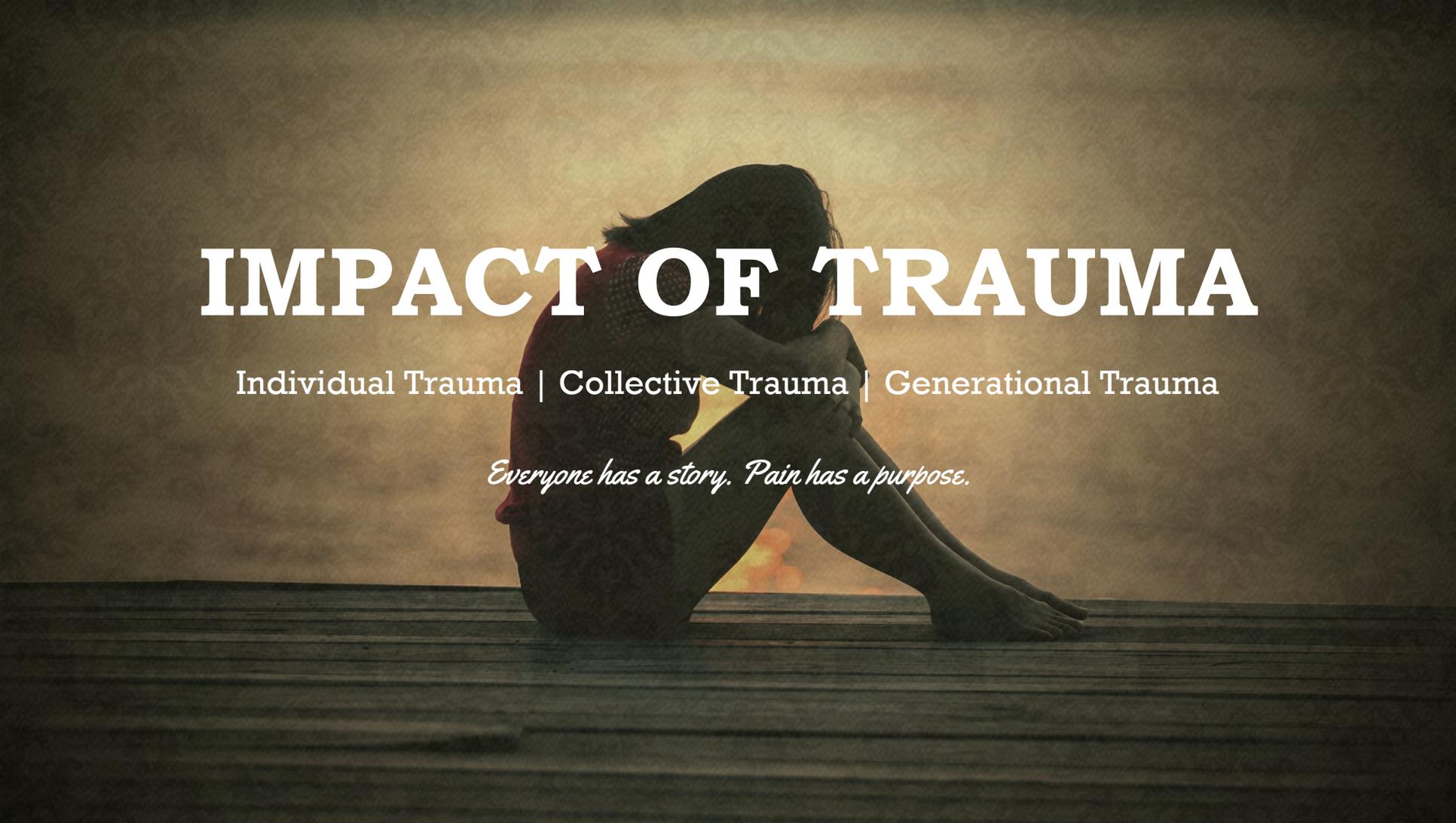
“It means having the courage to love ourselves, each other, and our world. It is rooted in mindful, embodied presence, and it is expressed actively through caring that includes all beings.”

- Tara Brach



Living in Times of Crisis

- Many people are hurting
 - Emotions we feel when we see suffering
 - Fear, anger, confusion of how to respond
 - Impact of witnessing and experiencing injustice
 - Helplessness/Powerlessness



IMPACT OF TRAUMA

Individual Trauma | Collective Trauma | Generational Trauma

Everyone has a story. Pain has a purpose.



- Times of Crisis can bring forth resilience, creativity, and a greater capacity to love.
- Goodness can get pulled out of us
separateness can cause harm.
- Emotions are contagious: Fear is contagious, but also Kindness is contagious.

How can I be the person who spreads awareness?



Be present



Cultivate open heartedness
with compassion



Allow this adversity to wake
up your inner strengths

**“May whatever circumstances
that arise serve the awakening
of compassion and wisdom”**

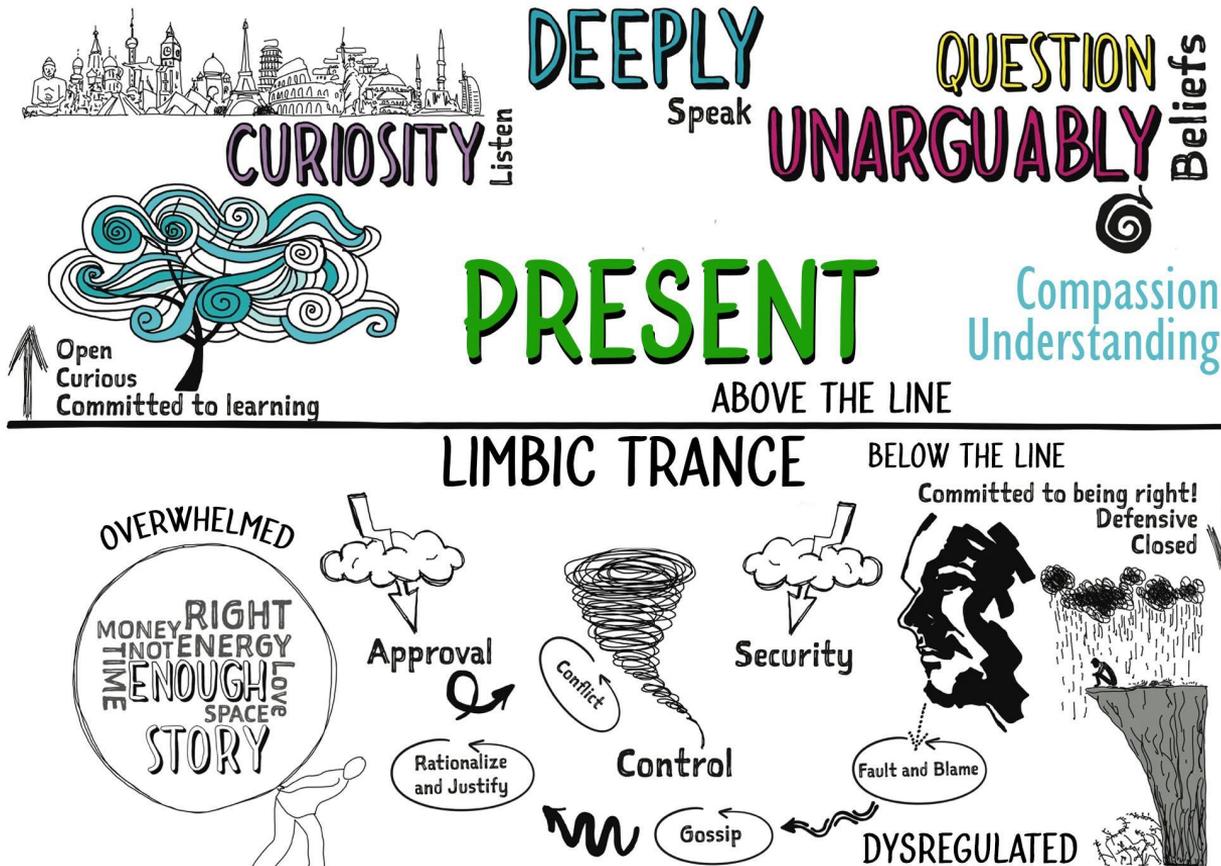
Tara Brach



LIMBIC TRANCE

Above the line (present)
Below the line (trance)

When you are in a trance, you are caught up in the emotion of the moment and not able to access higher levels of functioning.





AWAKEN WITH COMPASSION

Compassion is the great medicine for healing.

- Listening
- People need to be heard
- People need to be comforted, cared for, and understood

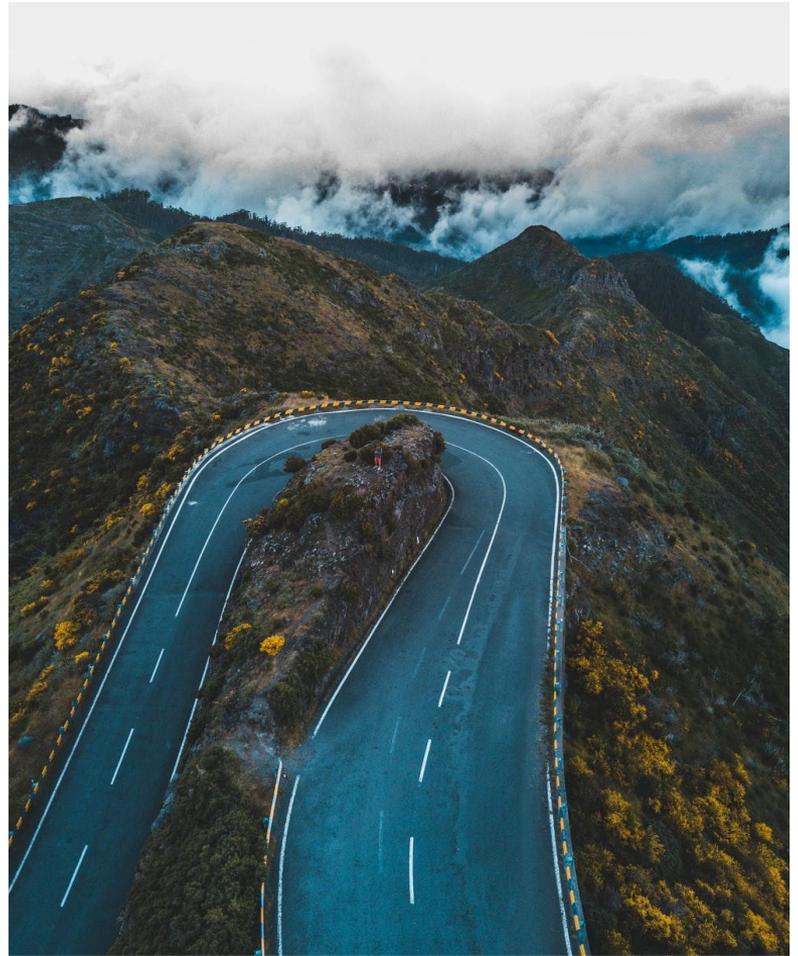
“We suffer because we forget our belonging to each other.”

– Mother Teresa

U-TURN

We must make a U turn - shift our attention from outward fixation (other person/ situation) to inner attention (what is going on inside of self).

Storm before the RAIN



RAIN Practice

- A practice to help heal and release the painful beliefs and emotions that keep us from living true to ourselves
- Reliable practice to find healing and freedom right where you are in the midst of emotional pain
- Rain can be a lifeline in moments when you feel stressed, fearful, reactive and confused
- Basic practice with steps you can revisit again and again to build internal resilience and trust in you own wise, awakening heart.
- RAIN can help you respond to life in a way that expresses the truth and depth and spirit of who you are
- The gift of RAIN is that you can live from your fullest potential

Practicing Compassion Using RAIN

R

RECOGNIZE

Recognize what is happening inside of self right now. How am I doing? What is this bringing up for me? What emotions? What thoughts?

A

ALLOW

Allow it to be just as it is. Be curious and notice. Make space for it. Pause and accept it. Simply notice and do not judge or push it away.

I

INVESTIGATE

Investigate how this is affecting you with gentle, curious, & kind attention. How is my body reacting? What's it like inside of me? What hurts?

N

NURTURE

Sense what is needed and call on your wisest self to offer a caring, compassionate response. What do I need to hear? To receive? To connect with?



After the Rain: Integration

- Relax and let go to the open heart space that has emerged
- Notice the shift in your state of being
- See what new insights emerge from that

A group of five people, three men and two women, are sitting on a grassy bank overlooking a body of water at sunset. They are seen from behind, looking out over the water towards a hazy, orange-tinted sky. The scene is peaceful and contemplative. The text "Widen the Circle of Compassion to Others" is overlaid in the center of the image in a bold, white, sans-serif font.

**Widen the Circle
of Compassion to Others**

Practicing Compassion On-the-Streets

Whenever you become aware of suffering and injustice, you can practice compassion. Right now, on the spot, you can follow these simple steps:

- Pause and connect with your intention towards compassion.
- Take several slow full breaths, silently breathe in their pain, allowing yourself to imagine and feel what they are experiencing.
- With your out breath, breathe out that you care- wishing for their relief and that they be held in the openness of loving awareness.
- Listen with kind attention to the voices and messages of hurt, to the realities of the suffering they are living with.
- Send thoughts of compassion and love.
- Van Jones “We need to cry together to create a better world”



BE AN ALLY

Listen	Listen to what marginalized people are saying.
Get Educated	Seek out information about the history and current issues of oppression.
Get Involved	Join local groups working for social justice. Subscribe to their social media.
Show Up	To events to listen, be there and show support.
Speak Up	Speak up when a person says something hateful or ignorant.
Intervene	When someone is targeted- intervene with their permission to support them.
Welcome Discomfort	When you observe something uncomfortable, sit with it, ask why?
Learn from your Mistakes	Own mistakes, apologize, and change behavior going forward.
Stay engaged	Even when it gets difficult, stay involved in the cause.
Donate	Commit to financial support or social justice organizations in your community.



QUESTIONS AND COMMENTS

View this PowerPoint and Other Mental Health Resources Online
www.lifelinesolutionsllc.com/resources

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