



TODAY I CHOOSE
COMPASSION
FOR OTHERS.

DAY.11

'Compassion is a sign of strength, not weakness'.

The Buddha introduced the term 'Karuna' to describe compassion for others.

Karuna is the understanding but also the desire and actions to remove harm and suffering from others.

In a world full of isolation, that celebrates the ego, our thoughts and actions are mostly self-centered.

Even in the healing and transformational journey, the focus is mostly happening in a way that aims to make us feel good, and the others toxic, harmful, and guilty.

In order to heal we put the blame and the burden to others in a way that fills us with hate and resentment.

This healing is incomplete.

True healing is a process that lets us forgive and understand others, but without being attached to their story, emotions, and actions.

Compassion allows us to connect with others and our self, and be free of harmful emotions.

Compassionate leaders lead from within. The qualities that they have, encouragement, empathy, active listening, and empowerment, help people open up, feel safe and heard.

A compassionate leader, is always rewarded with generosity and kindness.

Compassion is truly liberating for all.

DAY.11

Phrase of the day: 'Today I choose compassion for others'.

Please also write this phrase in your journal.

PRACTICE 1: . 'Today we invite you to bring your attention outside of you, for one more time.

1. **Practice empathy:** Whoever you meet today, put your self in his shoes and feel what he could possible feel in order to behave, act, or say what you are witnessing. It can be your colleague, the cashier, or the beggar on the street.

2. When someone is talking to you, try to sense if the other person needs a solution, an advice, or just to be heard.

Observe yourself, in any conversation. Are you fully present? Are you breathing?

Is your mind wondering?

What do you feel in your body when you are listening to someone?

3. Notice if you find yourself feeling **superior, resentful of indifferent** to those around you in exercises 1 and 2.

Write in your journal any insight that you have from these exercises.

PRACTICE 2: Listen to the meditation anytime you have 10' minutes of uninterrupted time.

Good luck!