

Twelve Steps To A Compassionate Life
Week 4, The Third Step - Compassion For Yourself
2-16-14

- * What tangible steps have we taken for Round Rock to become an official compassionate city? What other steps do you want to take in this direction? How can we get more people invested in this possibility?

- * Armstrong points out that the Golden Rule is grounded in loving ourselves. Lets try the practice of the Rabbi that Armstrong highlights in this chapter. List your good qualities. How can these be used to build a better world?

- * Armstrong writes that “we often attack other people for precisely those qualities we most dislike in ourselves.” This is what Jung called the shadow. Share who you are most likely to lash out at and what is the shadow emotion that is fueling it.

- * The Dalai Lama calls for a spiritual revolution based on a “radical reorientation away from our habitual preoccupation with self.” How do we thread the spiritual needle that actively embraces our good and shadow qualities without being overly focused on ourselves?

- * The Dalai Lama goes on to say that the reorientation away from self is essentially “a call to turn toward the wider community of beings with whom we are connected, and for conduct which recognizes others' interests alongside our own.” How does this declaration help answer the previous question?

- * The great religious teachings maintain that when we make a conscious effort to abandon the “me-first mentality” our horizons expand and we experience a larger “immeasurable” self. Have you ever been in this place? How did it feel?