

JANUARY 2025

Compassion Based Living

Pre-orders available for our NEW!
Compassion Based Living
Book by Heather Regan-Addis & Choden



MONDAY

WHY JOIN OUR MEMBERSHIP?

Just £10 ~for a 6 month trial period~
Enjoy our membership package with free fortnightly teachings, access to our library of teachings and a dedicated members' website.

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1

WHY
do I want to be
COMPASSIONATE?

2

COMPASSION is a sensitivity to the suffering of ourselves and others, along with a deep desire to relieve that suffering and its causes.

3

This journey is about being willing to embrace our messy, imperfect humanity.

4

A useful starting point is recognising how much COMPASSION we already have.

5

It can be very helpful to reflect on our small acts of COMPASSION or on harmful acts we would never contemplate doing.

6

The seed of COMPASSION is already within us.

7

As human beings, care & COMPASSION are qualities that are endowed to us by the evolutionary process.

8

Although COMPASSION is innate within us, it requires some application and effort for it to mature.

9

The blocks and obstacles ARE the path.

10

COMPASSION also means being willing to receive kindness and compassion from others.

11

We face the self-critic, understand where it is coming from, and bring some COMPASSION to this wounded part of ourselves.

12

We practice COMPASSION because all of us suffer needlessly. COMPASSION practice can relieve this.

13

Actual pain amounts to 10% of the problem while our resistance and seeking to avoid pain amounts to 90% of the problem.

14

An ongoing practice of cultivating JOY provides a counterbalance to the focus on suffering that is inherent in COMPASSION training.

15

Body like a mountain, breath like the wind, heart like the sun, mind like the clear blue sky.

16

When you go to bed at night, recall any acts of kindness from the day that has just passed.

17

Intentionally perform small acts of kindness.

18

Once we recognise that the human condition is not one of perfection, we can own the fact that we are a COMPASSIONATE mess.

19

The lotus flower needs the mud in order to grow. We need to turn towards our inner mud in order for our compassionate potential to grow.

20

The lotus flower of COMPASSION can take birth in our hearts and minds.

21

We aspire to cultivate an attitude that whatever happens is fine.

22

The brain evolved for survival rather than for happiness and contentment.

23

In order to train our hearts and minds in COMPASSION we need first to cultivate our soothing-affiliation system.

24

We all just find ourselves in the flow of this life shaped by powerful forces beyond our control and not our fault.

25

'If we accept and love ourselves unconditionally, what does it matter what others think of us?'
Rob Nairn.

26

FEELING SAFE is the FOUNDATION for COMPASSION.

27

Bring your SAFE PLACE to mind, allow your body to RELAX

28

HURRAY! THE COMPASSION BASED LIVING COURSE BOOK IS PUBLISHED TODAY!



29

Put your hand over your heart and feel your body BREATHE.

30

The main purpose of COMPASSION training is to uncover the source of wisdom, strength and courage within us.

31

The inner COMPASSIONATE FRIEND can be a source of immense emotional support and joy.

JOIN OUR FREE DAILY GUIDED MEDITATION
10.30am & 7pm Monday-Friday
Find the link on our homepage.