

## Compassion

- Daily prayer of the Dalai Lama
  - May I become at all times, both now and forever
  - A protector for those without protection
  - A guide for those who have lost their way
  - A ship for those with oceans to cross
  - A bridge for those with rivers to cross
  - A sanctuary for those in danger
  - A lamp for those without light
  - A place of refuge for those who lack shelter
  - And a servant to all in need.
- DailyStoic.com
  - Quotes from Marcus Aurelius, Seneca & Epictetus in his daily messages.
  - Ryan Holiday wrote "Ego is the Enemy" and the "Obstacle is the Way."
- People Skills are the key to YOUR happiness.
- Psychological – Insight - What drives human behavior
  - Everyone wants to feel that they are: Being heard, Valued, Respected, Needed, Important and Special. Never miss an opportunity to encourage or compliment.
  - Don't get hooked – The more we strive for attention and praise the more it will allude us
  - Admit something: Everyone you see, you say to them, "Love me." Of course, you do not do this out loud, otherwise someone would call the cops. Still though, think about this, this great pull in us to connect. Why not become the one who lives with a full moon in each eye that is always saying, with that sweet moon language, what every other eye in this world is dying to hear? ...Hafiz
- Guided Meditation - Loving Kindness
  - May I have peace happiness contentment and joy.
  - Someone you love deeply - May you have peace happiness contentment and joy.
  - Someone neutral.
- Wishing well for others.
  - Story of mother and estranged son. Perception is reality. People are not the history or stories we tell about them.
- For difficult people
  - If you hold onto anger it will hurt you more than it will hurt them.
  - Causes and conditions – they may had difficult childhoods.
  - "Just like me they want happiness"
- Meditation – Cultivates the Mental discipline to be able to be really there for others.
- Benefits - People Skills / Emotional Intelligence
  - Book "Ageing well" - George Vaillant
  - Happiness correlates to quality and quantity of relationships.
  - Phil Jackson – Basketball – Meditation – 11 NBA Championships with two different teams
  - IBM Branch manager – Success through caring
  - IBM Account executive – failure through insensitivity
- Combined - Self-Compassion / Compassion
  - Wish to end suffering.
  - Yourself and others.
  - Unconditional compassion and love.
  - Like grandparents or spiritual masters.
  - Cradle yourself or have your hand on your heart

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- Difficult people
  - If you hold onto anger it will hurt you more than it will hurt them.
  - Causes and conditions – they may have had difficult childhoods.
  - “Just like me they want happiness”
  - Just wish them well. Avoid them if you have to. Do not be a doormat.
- Discernment – Balance compassion for yourself and others.
  - Don’t try to be the center of attention, it can chase others away.
  - Honor others by giving your full attention.
  - Let people know when you really appreciate them
- Optional Homework - or fun things to try
  - BeingMindful.com on Week 3 tab
  - Decide what you think that you can do in this list and do it.
  - Everyday – One Long Slow Breath
  - Day 1 - 5 min – Loving Kindness
  - Day 2 - 5 min – Compassion
  - Day 3 - 10 min - Loving kindness and then compassion.
  - Day 4 - 15 min –Self-compassion break
  - Day 5 – 15 min - Soften soothe and allow
  - Day 6 - 15 min – Qigong 10 min
  - Day 7 – Choose the guided meditations that you prefer
- Informal Practices
  - Every time you see someone say a phrase that opens up your heart. For example, you could say to yourself “Just like me they want happiness” or “May you be happy” or “I love you”.
  - Every hour on the hour picture someone you care for and wish them love, happiness, peace and joy. Just 10 seconds.
  - Every time that you speak to someone think to yourself “Just like me this person wants happiness”
  - Once a day find someone that you feel deserves a compliment and give it to them
- Insight Timer
  - BeingMindful.com
  - Link Tab
  - Bottom of page
  - All instructions assume you are on the iPhone when clicking on the links.
  - Must load the Insight Timer App first
- Meditation Tips
  - Goal – Aware of thoughts not stopping them
  - Curiosity and interest
  - Takes time and practice
  - Difficulties strengthen you – bored, distracted
  - Choose the meditation that works best for you
  - Be kind to yourself
  - Smile

## Further Information

- Questions: Contact me – [Stan@StanleyMerrill.com](mailto:Stan@StanleyMerrill.com)