

## Compassionate Activism Online Seminar – Session 9

Please join us as we wait for the other participants to arrive. We will begin shortly at 6 pm EST / 3 pm PST.

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## The Fifth Practice of Shared Envisioning and Non-Cooperation

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### Choose a Situation

Select a recent specific situation that is moderately emotionally charged for you where you felt stuck.

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### Reflection Time!

1. What was your intention in this conversation?
2. What type of world were you creating in this conversation with that intention?
3. What would be different if your intention was to be compassionate toward yourself and focus on what you need from yourself?
4. What type of world would you be creating with that intention?

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## **Apply to Yourself First!**

1. Practice of Humility and Curiosity
2. Practice of Distinguishing Realities and Acknowledging External Reality
3. Practice of Gentle Mindfulness and Compassionate Self-Accountability

## **Then Apply to the Other Person!**

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## **Co-Creating a Shared Vision**

1. Through the Fourth Practice of Compassionate Truth-Telling and Consciousness-Raising Inquiry,
  - Get connected.
  - Identify shared values/goals/interests that are core to each other's realities.
2. Given your new understanding of each other's realities, create a solution that honors the shared core values.
  - Do not get fixated on the position you've taken previously (yes, X but, Y). Focus on the shared interest.
  - Try *"Yes [insert their perspective], and [your perspective]. So how about we try X together?"*
3. If fear from the past presents itself through feeling stuck, go through Practice 1-3 again.

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# **What's Your Main Takeaway?**

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