



# Compassion Day

## Suggested Discussion Topics for fostering Compassionate Service

Pick from this list, add your own, and enjoy the conversation!

1. What does your life look like when you have the time and energy to help others?
2. What is the difference between a chore and an activity that energizes you?
3. How can you make compassionate service energizing?
4. How can you turn everyday activities into compassionate service?
5. Buddhist philosophy states that virtuous actions energize us and non-virtuous deplete us. What do you think?
6. Some people say that when they help others they receive so much more than they give. Have you found this to be true for your life? What can you learn from this?
7. Do you know where your nearest free meal center is? How can you help them?
8. If you haven't seen a homeless or hungry person lately, look again - they're all around us.
9. Does your dog or cat show aptitude to become a service pet to cheer hospital patients?
10. What are the things in this world that bother you, and what can you do to change them?
11. Have you given a kind word or compliment to anyone today?
12. When you hear the quote "Be the change you wish to see in the world," which is attributed to Mahatma Gandhi<sup>1</sup>, what does it mean to you? What images come to your mind of what you would want to do? What would you / your life look like when living in this way?

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1 "Be the change you wish to see in the world" is not actually a quote from Gandhi, but is paraphrased from Gandhi's 13th volume, Ch. 153, page 241:

*"We but mirror the world. All the tendencies present in the outer world are to be found in the world of our body. If we could change ourselves, the tendencies in the world would also change. As a man changes his own nature, so does the attitude of the world change towards him. This is the divine mystery supreme. A wonderful thing it is and the source of our happiness. We need not wait to see what others do."*

13. When you read Lama Zopa Rinpoche's quote (see below) identify three things:
- What do you feel when you imagine living in this way?
  - Which one of these is easiest for you to do currently? Which one is the hardest?
  - What techniques do you think at this time in your life will work best for you to learn to live this way? Identify one technique, activity, practice, that you can try using this week.

Live with compassion

Work with compassion

Die with compassion

Meditate with compassion

Enjoy with compassion

When problems come, experience them with compassion.

– Lama Zopa Rinpoche