



Compassion Day

Free Internet Videos to Inspire Compassionate Service

The following list of free internet videos is provided for FPMT centers and study groups to use as tools to initiate discussion of compassionate service in your community. Here are some brief notes to assist you in selecting what video(s) you might utilize:

- The first item references several videos containing public talks and addresses given by His Holiness the Dalai Lama in which the idea of compassion and social responsibility was included in the topic of the talk. Even though the word 'compassion' is included in the titles, it is recommended that you preview the video you select to make sure that the content of that specific talk addresses your needs.
- The second item below, "Hope and Compassion," is an hour-long documentary focusing on His Holiness and the people of Tibet and as such, can be a good introduction to those topics as well as a useful tool for facilitating discussions on compassion.
- The next three listings (items 3-5) are much shorter videos and are more specific in their focus in exploring aspects of compassionate service.
- The sixth listing is a message from His Holiness in response to a project involving children in Appleton, Wisconsin, and as such can also be used in conjunction with a similar project for the young people in your community.
- The seventh item is an inspiring short video about everyday acts of compassion and kindness that can be shown by itself or along with any of the above if you wish.
- The final listing is a link to KarmaTube, a website containing numerous other inspiring videos that may be useful should you want to direct the discussion on compassion to more specific areas of focus. Their videos generally focus on examples of kindness and compassion in the world, such as those who are active in caring for animals or the disadvantaged.

No doubt there are other videos available on the internet at YouTube (<http://www.youtube.com/>) or other websites. Should you locate additional items that you have found beneficial and would like to suggest that we include them in our list of resources, please contact us at compassionday@gmail.com to let us

know about them.

Please let us know if we can be of further assistance and thank you for participating in Compassion Day!

List of Free Internet Videos to Inspire Compassionate Service:

1. Public Talks & Addresses by His Holiness the Dalai Lama:

a. **Compassion: The Source of Happiness:**

i. Part 1, 1:25:27 (<http://www.youtube.com/watch?v=5P6sCj7SZkw>);

ii. Part 2, 27:12 (http://www.youtube.com/watch?v=VJHBvZe_5A4)

b. **Centrality of Compassion in Human Life and Society**, 1:29:32

(http://www.youtube.com/watch?v=uSL_xvokoF8)

c. **Compassion as a Pillar of World Peace**, 1:15:32

(<http://www.dalailama.com/webcasts/post/97-compassion-as-a-pillar-of-world-peace>)

d. **Peace and Compassion**, 1:27:56

(<http://www.dalailama.com/webcasts/post/51-peace-and-compassion>)

e. **Compassion: The Art of Happiness**, 2:17:02

(<http://www.dalailama.com/webcasts/post/133-compassion-the-art-of-happiness>)

f. **Compassion and Civic Responsibility**, 1:19:32 (<http://www.dalailama.com/webcasts/post/118-compassion-and-civic-responsibility>)

g. **Be the Change**, 1:41:28

(<http://www.dalailama.com/webcasts/post/247-be-the-change---his-holiness-the-dalai-lama-at-inverness-scotland>)

h. **Human Compassion**, 1:29:49

(<http://www.dalailama.com/webcasts/post/256-human-compassion>)

i. **Human Values and Universal Responsibility**, 28:54

(<http://www.dalailama.com/webcasts/post/263-human-values-and-universal-responsibility>)

j. **Compassionate Ethics in Difficult Times**, 1:13:49

(<http://www.dalailama.com/webcasts/post/130-compassionate-ethics-in-difficult-time>)

2. Hope and Compassion, 56:01

(<http://www.cultureunplugged.com/documentary/watch-online/play/8389/Hope-and-Compassion>)

Synopsis: *"Compassion eliminates fear. Let authentic and pure compassion grow in us in place*

of hatred and fear. If fear disappears, then confidence and inner peace will resurface." Tenzin Gyatso, 14th Dalai Lama of Tibet. This documentary presents personalities of compassion in action, and explores how this practice has changed their lives. This video focuses on the Tibetan people and includes teachings from His Holiness the 14th Dalai Lama and His Holiness the 17th Karmapa.

3. Expanding Your Circle of Compassion, 18:08

(http://www.ted.com/talks/robert_thurman_on_compassion.html)

Synopsis: It's hard to always show compassion -- even to the people we love, but Robert Thurman asks that we develop compassion for our enemies. He prescribes a seven-step meditation exercise to extend compassion beyond our inner circle. The first American to be ordained a Tibetan Monk by the Dalai Lama, Robert A. F. Thurman is a scholar, author and tireless proponent of peace.

4. We Can Change the World, 15:56

(<http://www.cultureunplugged.com/documentary/watch-online/play/8693/WE-CAN-CHANGE-THE-WORLD>)

Synopsis: This project is about the compelling acts of compassion performed by Idaho's compassionate children, who were chosen by Governor Kempthorne's office to be blessed by His Holiness the Dalai Lama. It chronicles the effects of meeting the Dalai Lama and how it has changed their lives. The film brings about new insights concerning our younger generation, the compassion generation. This film will bring tears of joy and sorrow. The humanitarian acts of kindness and compassion from the younger generation will warm the hearts of young and old. This film is a tool for teaching all humanity the lessons of love and caring, inspiring hope to a world filled with war, hunger and chaos.

5. Daniel Goleman on Compassion, 13:17

(<http://www.youtube.com/watch?v=0yGNhCaKJkk>)

Synopsis: Daniel Goleman, author of "Emotional Intelligence", asks why we aren't more compassionate more of the time. Daniel Goleman brought the notion of "EI" to prominence as an alternative to more traditional measures of IQ with his 1995 mega-best-seller, "Emotional Intelligence". Since the publication of that book, conferences and academic institutes have sprung up dedicated to the idea. EI is taught in public schools, and corporate leaders have adopted it as a new way of thinking about success and leadership. EI, and one's "EIQ," can be an explanation of why some "average" people are incredibly successful, while "geniuses" sometimes fail to live up to their promise.

6. Appleton Compassion Project – A Message from His Holiness the Dalai Lama, 4:53

(http://www.youtube.com/watch?feature=player_embedded&v=r50J36kv71Q)

Synopsis: Dr. Richard Davidson (Center for Investigating Healthy Minds/Waisman Center at University of Wisconsin-Madison) introduces His Holiness the Dalai Lama to the Appleton Compassion Project. His Holiness delivers a message to the citizens of Appleton, Wisconsin. The Appleton Compassion Project was a community art project involving 10,436 Appleton Area School District K-12 art students who illustrate the many facets of one simple word that can mean the world: compassion. In this video His Holiness the Dalai Lama gives a short message to the citizens of Appleton in response to this project. More detail on the project itself can be found at this web page: <http://www.appletoncompassion.org/Virtual-Exhibit>.

7. Help Each Other & Love Each Other. Never Stop Sharing, 5:43

(<http://www.youtube.com/watch?v=u8tzswROt70>)

Synopsis: A touching short film by Sathiya Moorthy that shows how a single act of helping another can prompt one to help others and initiate a chain reaction of kindness.

8. KarmaTube

(<http://www.karmatube.org/index.php>)