



The Seeds of Compassion event in Seattle on April 11-15, 2008 will be historic in many respects. His Holiness the Dalai Lama will be joined by renowned luminaries, scientists, and educators to address compassion, specifically as it pertains to children and those who touch their lives. A diverse audience of youth and adults will engage in forums and workshops to explore what compassion means, what it looks like, and how we can embody and encourage it in the world around us.

The event will be broadcast around the world in 28 languages to reach a truly global audience. This guide includes instructions for watching the events and suggestions for how to host a gathering to view and discuss the broadcasts in a group setting. To enhance and deepen the experience, we strongly recommend watching the events with others. Invite friends and colleagues to join you for this truly historic occasion.

### PLANNING THE GATHERING

As you think about how you want your gathering to unfold, considering the following:

- An environment that is welcoming and supports conversation
- Time for guests to arrive and get settled
- A silent reflection before watching each event
- Opportunity to stretch before beginning discussion
- Timeframe and process for discussion
- Closure

### HOW TO WATCH

Major events will be broadcast live on the Internet in 28 languages.

In the greater Seattle area, major events will also be broadcast on several local TV channels.

- Internet:**
- Visit [www.seedsofcompassion.org](http://www.seedsofcompassion.org). Click the appropriate link to watch events live.
  - Prior to any broadcast, ensure that you meet the audio/video requirements.

- TV:**
- Scheduled television broadcasts for Seattle area stations are listed below. Please check your local TV listings in advance to confirm stations and availability.
  - Select events will be available on: *KONG TV, Channel 6/16*  
*UWTW, Channel 27*

### WHAT TO WATCH

Below are the events that will be broadcast online and on local Seattle TV stations.

Descriptions of each event are available at: [www.seedsofcompassion.org/event/schedule.asp](http://www.seedsofcompassion.org/event/schedule.asp)

Event	Date	Time (USA - Pacific)	TV Channel (Seattle)
The Scientific Basis for Compassion	4/11	9:00-11:00am	UWTW Channel 27
From Knowledge to Compassion Action	4/11	12:30-2:30pm	UWTW Channel 27
Seeds of Compassion Public Day	4/12	1:00-3:00pm	KONG Channel 6/16
Children & Youth Day	4/14	10:45am-12:00pm	UWTW Channel 27
UW Honorary Degree Event	4/14	3:00-5:00pm	UWTW Channel 27
InterSpiritual Panel Discussion	4/15	9:30am-1:45pm	UWTW Channel 27



## DISCUSSION

Following the broadcast:

- **Move into a circle** to promote a sense of community. If a large group, create circles of 4-8 people.
- **Distribute copies of questions** so all participants are involved in leading the discussion.
- **Encourage everyone to share in the conversation** with an understanding that all comments are valid and valued.

The questions below are designed to further the learning process. They can be used after any event.

1. In the presentation, what struck you the most? What impact will this have on your role in the community and how you engage with others?
2. How did the event deepen your understanding of compassion?
3. In what ways do you currently extend compassion to yourself and others? In what ways could you improve this?
4. When is it most difficult to be compassionate? How can this be addressed using what was just learned?
5. Share one way in which you intend to put these lessons into action in your home, school, workplace, or community in the coming week.

**Closure:** Pause briefly in silence to permit everyone to reflect on what was seen, heard, and shared. And take a moment to thank one another for the gift of this special experience.

## NEXT STEPS

- **Explore the possibility of meeting as a group again**
  - Set a target follow-up date in 30-60 days
  - Create a distribution list and designate one person to coordinate future meetings
- **Host a Compassion Circle**
  - A Compassion Circles is a proven, interactive method for developing these topics
  - It can be done before or after the event
  - A free guide is available at: [www.seedsofcompassion.org/involved/SOC\\_CompassionCircle.pdf](http://www.seedsofcompassion.org/involved/SOC_CompassionCircle.pdf)
- **Discuss opportunities for turning this learning into action**
  - What specific actions – big and small – can you take to further compassion in your personal life, family, workplace, and community?
  - How can you share this and inspire others to take similar action?

## ADDITIONAL RESOURCES

For more information, visit [www.seedsofcompassion.org](http://www.seedsofcompassion.org) and [wiki.seedsofcompassion.org/Resources](http://wiki.seedsofcompassion.org/Resources). Those with tickets to the Public Day event in Seattle can also attend the Resource Fair: Saturday, April 12, 11:00am–3:00pm, Qwest Field West Plaza.

*Thank you for contributing to the compassion movement in this very personal and meaningful way!*