



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 well-known experts in science, education, business, and the arts to address the need for greater compassion in schools and the community. 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 about 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 family to join you.

## 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 “Webcast” button near the top of the page.
  - 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)*  
*Seattle Channel (channel 21)*

## 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 Station (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 TV Channel 6/16
Children & Youth Day	4/14	10:45am-12:00pm	UWTW, Seattle Channel 21
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 everyone is involved in leading the discussion
- **Encourage everyone to share in the conversation**
- **Be very accepting of different opinions.** People may disagree, and that's ok. What is most important is that everyone is comfortable sharing their thoughts.

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

1. What did you learn that you did not know before?
2. How did the event help you better understand what compassion means?
3. How do you show compassion on daily basis? This can both toward yourself and others.
4. When is it most difficult to be compassionate? How can you improve this?
5. Share one way in which you intend to put these lessons into action in your home, school, 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 an email list and designate one person to coordinate future meetings
- **Host a Compassion Circle**
  - A Compassion Circles is a great way to develop a better understanding of compassion
  - 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, school, and community?
  - How can you inspire your friends, family, and classmates to take similar action?

## ADDITIONAL RESOURCES

For more information, visit: [www.seedsofcompassion.org/kids](http://www.seedsofcompassion.org/kids)

In addition, there will be two public Resource Fairs in Seattle: April 13 & 14, 10:00am-6:00pm  
Seattle Center Exhibition Hall

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