



WEEK SIX: *Step 5 – Cultivating Compassion for Others*

THEME: Widening the circle of compassion

Guided Meditation Practice in Class and for Home Practice:

- Cultivating Compassion for Others

Informal Daily Practices:

- Notice challenges to compassion in everyday life – where you feel your own resistance or limits.
- Look for the opportunity to recognize the common humanity and stress, pain, or suffering in others, especially strangers and/or “difficult” people. Mentally extend your own compassion to them. When possible, look for the opportunity to express compassion or act with compassion.
- Notice the benefits to yourself of broadening your compassion.

Week 6 Class Notes and Reflections

Use this page to take notes during class, and/or record your thoughts, feelings, observations, and questions related to this week's class session.

Week 6 Meditation Practice
Meditation: Cultivating Compassion for Others

Use this and the following page to keep track of your meditation practice and any questions or observations about the practice.

	Practice Time	Questions & Observations
Day 1 (Thursday)		
Day 2 (Friday)		
Day 3 (Saturday)		
Day 4 (Sunday)		
Day 5 (Monday)		
Day 6 (Tuesday)		
Day 7 (Wednesday: next class mtg)		

Week 6 Meditation Practice
Meditation: Cultivating Compassion for Others

Overall reflections on this week's meditation practice:

Overall reflections on the process of supporting (and/or avoiding or resisting) your own meditation practice:

Week 6 Informal Compassion Practice

Use this page to record any thoughts or observations about this week's suggestions, or your own strategies, for bringing compassion into everyday life. Your CCT facilitator may discuss informal daily practices in class.