



Cultivating *Seeds of Compassion*





Community

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Building Compassionate Learning Communities Project

BCLC



together



<https://www.bclctogether.org/>

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The term “**empathy**” is used to describe a wide range of experiences. Emotion researchers generally define empathy as the ability to sense other people’s emotions, coupled with the ability to imagine what someone else might be thinking or feeling. -GGSC

Compassion literally means “to suffer with.” Among researchers, it is described as the feeling that arises when you are confronted with the suffering of another and feel motivated to relieve that suffering.



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This is a moment of suffering. Suffering is part of life. Let me be kind to myself in this moment. Let me give myself the **compassion** I need.

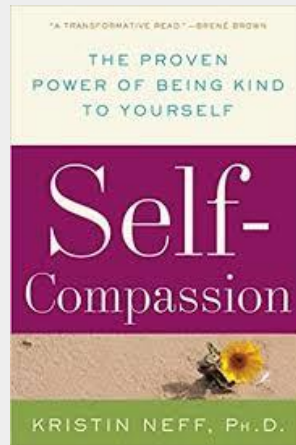
–Kristin Neff

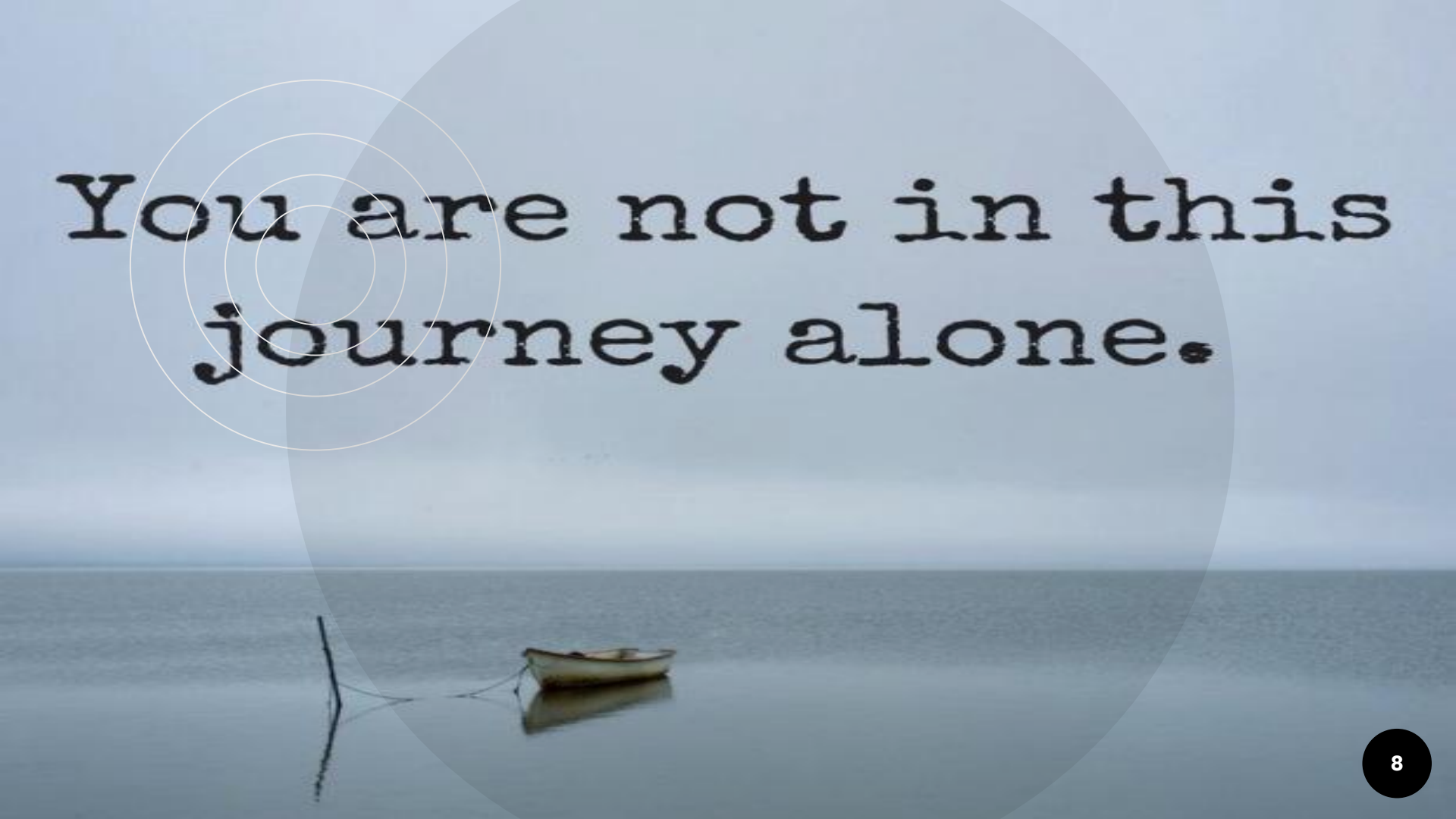
Self-Compassion

Self-Kindness v. Self-Judgement

Common Humanity v. Isolation

Mindfulness v. Over-Identification





You are not in this
journey alone.

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Appreciation