Radical Compassion: The Courage to Love Ourselves and Our World

Course objectives, agenda, and target audience:

Target Audience:
This retreat is open to beginning and experienced meditators as well as health professionals who want to use these skills with their clients. It is designed to help all levels of health-care professionals become familiar with the applications of teachings from Buddhist psychology and mindfulness and compassion practices and apply it to their own lives, and the lives their patients. (Beginner to Advanced level)

Course Objectives:

1. Identify and describe the two wings of mindfulness
2. Summarize the relationship between the Buddhist philosophy of suffering and ideas of attraction and aversion in Western psychology.
3. Discuss core causes of toxic shame and its effects individually and societally.
4. Identify key components of mindfulness meditation and the four foundations of mindfulness.
5. Define mindfulness and discuss the growing role of mindfulness in emotional healing work.
6. List strategies that help direct and stabilize attention
7. Identify core fears common to humans and describe the role of fear in human evolution
8. Describe the relationship between fear, self-judgment, blame and separation in our society.
9. Identify and define 4 steps in the acronym RAIN and apply the 4 steps of RAIN to emotional difficulty or conflict.
10. Discuss helpful strategies for shifting from cognition to “felt-sense” experience.
11. Describe the role of forgiveness and compassion in spiritual freedom and emotional healing.
12. List the three dimensions of mature or radical compassion
13. Describe how we create separation and “unreal other”.
14. Discuss how compassion brings healing to ourselves, our relationships, and our world.
15. Identify key questions to use in self-inquiry
16. Discuss the role we each have in helping others to recognize their goodness

Course Agenda:

<table>
<thead>
<tr>
<th>Time Frame</th>
<th>Content (Topics)</th>
<th>Objectives covered:</th>
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<tbody>
<tr>
<td>Friday Eve. 8 – 9:30pm</td>
<td>• Training introduction&lt;br&gt;• Practice - establishing intention, quieting mind, sensory awareness.</td>
<td>#1</td>
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<td>Saturday 9am-12:30pm (includes 15-min break)</td>
<td>• Four Noble Truths&lt;br&gt;• Western psychology- attraction, aversion&lt;br&gt;• Preponderance of shame in western culture.</td>
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<td>• Present centered non-judgmental attention</td>
<td>#4-5</td>
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- Cultivate concentration
- Develop resource states (love, self-compassion, relaxation, peace, etc.)
- Counter dissociation – cultivate sensory based attention
- Current research - efficacy of mindfulness, self-compassion and therapeutic healing
- **Practice**: Guided exercise in embodied presence - Sharing, questions.

- Role of concentration
- Objects of concentration (audio, kinesthetic, visual)-differential uses of objects
- Working definition of mindfulness
- Relationship between concentration and mindfulness
- Four foundations of mindfulness
- **Practice**: embodied awareness, body scan, mental noting; releasing the story; acceptance - “yes”

- Genesis of fear: existential, evolutionary, cultural perspectives; biological and psychological
- **Pathways to self-compassion**

**Saturday**  
Lunch 12:30-2:30pm

- Moving from cognitions to felt sense
- Recognizing present centered sensory experience
- The function of blame and resentment as ego defense.
- Research on forgiveness.
- The process of forgiving - recognizing stories, contacting vulnerability.
- Need for clinical support.
- Sequence of attentional strategies. **Case study**

**Saturday**  
2:30-5:30pm (includes 15-min break)

- **Practice**: RAIN (self-compassion) - individual, dyads

**Saturday**  
7:30-9pm

- **Practice**: RAIN of Forgiveness
- widening circles of compassion
- Research - Compassion
- Cultivating Compassion for self/other
- Practice: Awakening loving kindness and Compassion
- Review

**Sunday**  
9am-12pm (includes 15-min break)

- Integration into daily life
- Recognizing our essential goodness
- Looking into awareness- power of self-inquiry
- Continued practice and training
- Practice: Seeing goodness (undoing negativity bias)

#4 & 6

#7-8

#9

#10-11

#12-14

#15-16