



CCARE | The Center for Compassion and Altruism Research and Education  
*COMPASSION COURSE | Cultivate a Compassionate Heart*  
DAILY INFORMAL PRACTICES | WEEK 2

## DAILY INFORMAL PRACTICES

### Guided Meditation

Do Week 2's Guided Meditation each day. Have daily meditation as the goal, and do what you can to make it a priority. But if you miss a day, don't judge yourself and don't throw out the whole process. Just get back on the "meditation wagon."

### Buddy Relationship

Continue to establish your buddy relationship. Contact your buddy, set up a regular weekly check in, and determine the way you'd like to do that (via text, email, phone call...).

### Deep Listening

Pick 1-2 relationship(s) in your life that could really use deep listening, either with or without the echoing/feedbacking. The relationships that need it the most are those where understanding and/or trust between you and the other person is low. Practice using active listening in a conversation with this person or people at least once during the week.

Remember this kind of listening means:

- Be silent - let the other person do the talking
- Maintain eye contact
- Open body posture
- Be curious
- Seek to understand - not be understood
- Go on a journey - the other person's journey!

### Heartfulness and Compassion

Notice when heartfulness and compassion show up naturally in your daily life. Pause to relish and observe what it feels like in your body. It is great to write down these observations in your journal.