

COMPASSIONATE INTEGRITY TRAINING

SERIES I: SELF-CULTIVATION	<ol style="list-style-type: none">1. Calming Body and Mind2. Ethical Mindfulness3. Emotional Awareness4. Self-Compassion
SERIES II: RELATING TO OTHERS	<ol style="list-style-type: none">5. Impartiality and Common Humanity6. Forgiveness and Gratitude7. Empathic Concern8. Compassion
SERIES III: ENGAGING IN SYSTEMS	<ol style="list-style-type: none">9. Appreciating Interdependence10. Engaging with Discernment

COMPASSIONATE INTEGRITY TRAINING
SERIES III: ENGAGING IN SYSTEMS
SKILL 9: APPRECIATING INTERDEPENDENCE



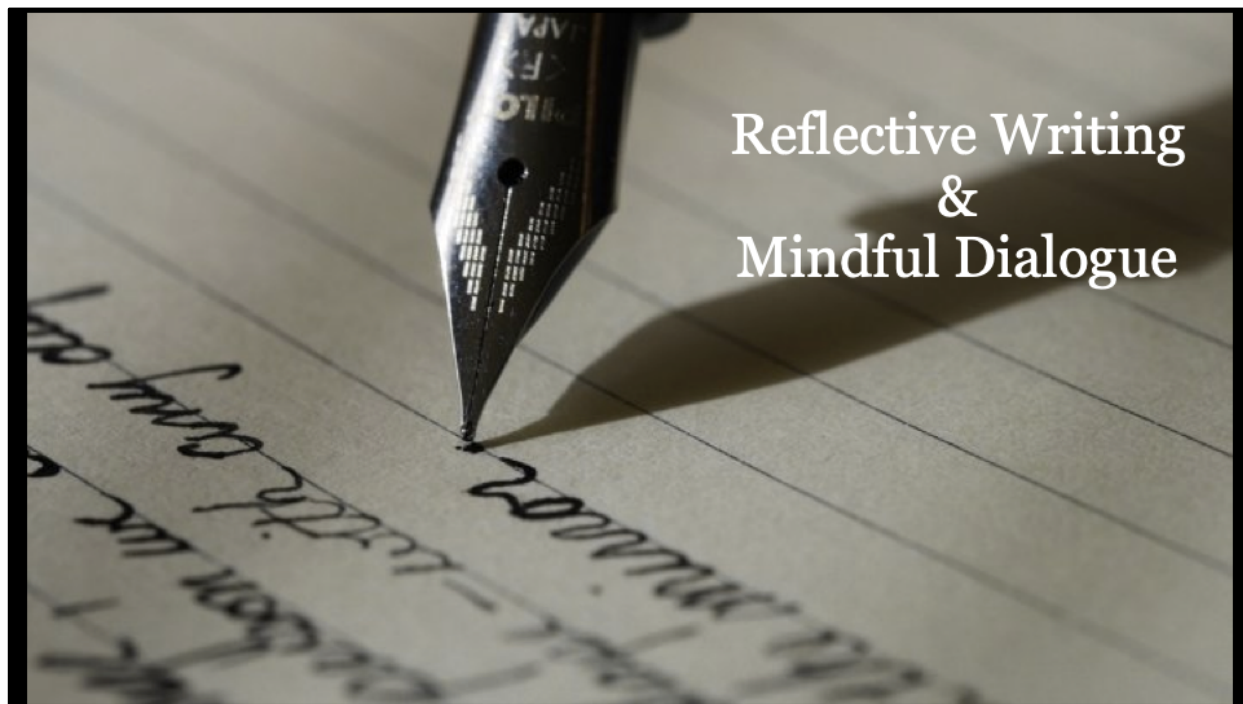
PRESENTER NOTES:

Content:

- Participants will learn about the radical interdependence of the world, which includes ourselves.
- Participants will learn about the importance of context in systems thinking.
- Participants will learn about the way identity is constructed in a contingent and fluid way.
- Participants will learn about “structural inequality,” “structural violence” and “cultural violence.”
- Participants will learn that, due to interdependence, any truly compassionate solution must be sustainable and account for collective flourishing.
- Participants will learn to approach dilemmas through the lens of critical inquiry.

Practice:

- Participants will practice evaluating ethical dilemmas through the larger context of interdependence.
- Participants will familiarize themselves increasingly with interdependence by analyzing how objects, situations and actions come to be.



PRESENTER NOTES:

1. Be totally present for the other person. We rarely have someone's undivided attention during a conversation. It is a gift. This presence can manifest through maintaining eye contact and verbal and nonverbal gestures that let your partner know that you are following what he or she is saying. Please turn off any electronic devices to prevent unexpected distractions and interruptions.
2. Try not to ask questions. Although we are not always conscious of it, questions have a tendency to drive a conversation in the direction the questioner wants it to go, rather than where the responder wants to take it. If you feel you must ask a question, make it something like, "Is there anything more you would like to add?"
3. Try not to give advice. The purpose of these conversations is to allow your partner to vocalize important experiences or insights, and to have someone honor them by listening attentively and without judgment. Often, instead of truly listening, we spend time thinking about what we would give. While this urge can be motivated by compassion, it can also interfere with our ability to actually be fully present to what the person is saying.
4. Keep everything your partner says in total confidence. Nothing creates safe space more effectively than trust. Knowing that each of you will keep everything you hear confidential

will build that trust.

