

## Compassion Cultivation Training (CCT)

Notes from William's overview presentation:

- “*com-compassion*” - to feel with
- CCT emphasizes meditative practices to stay grounded, sourced
- At my source I come to realize that the people I think are different from me are the same as me, just in different life circumstances.
- Love my neighbor as I love myself (both!)
- Learning to be more mindful of my thoughts and feelings

Steps in a CCT class:

1. Pay attention, both to myself and others
2. Think about those people in my life where love comes easy (i.e. it is easy to love them)
3. Cultivate compassion for myself
4. Develop loving kindness for others and myself
5. Embracing our common humanity

Opening exercise between pairs in a class:

### ***“How is your heart today?”***

Developing the ability to answer that for myself and empathetically hear it from others is at the heart of CCT.

Contemplative serving in the world:

1. Do my sourcing (praying) before I serve
2. Continually source while I serve
3. Source as much as I serve
4. The great walk-away – Jesus escaping out to the desert to get in touch with His father
5. Live on the liminal threshold – in a moment of grace

CCT Classes are available

- Consistent with Kairos theme of “listen-listen-love-love”
- E.g. 8-week training for 15 people on Zoom

William's advice to manage the frustration with some current events:

- Stop watching the news. Limit yourself to 5 minutes/ week.

### **Compassion Cultivation Training (CCT) References:**

William Thiele, Certified CCT Instructor  
School for Contemplative Living <http://www.thescl.net/>  
Or reference:  
<https://www.compassioninstitute.com/teachers/william-thiele/>

“How is Your Heart Today?”: Compassion at Angola Prison  
Blog by Dr. Chris Germer | August 1, 2019  
<https://www.compassioninstitute.com/blog/how-is-your-heart-today-compassion-at-angola-prison/>

“Compassion in Corrections”  
Blog overview by Lara Naughton of her work at Angola | September 7, 2017  
<https://www.compassioninstitute.com/blog/compassion-in-corrections/>

“Reflections on Compassion: Compassion Cultivation Training at Angola Prison”  
**Video** 9 minutes, from Angola on CCT | June 12, 2018:  
<https://www.compassioninstitute.com/blog/reflections-on-compassion-compassion-cultivation-training-at-angola-prison/>  
or same video on YouTube:  
<https://www.youtube.com/watch?v=r8o2ljXOB7Q>

And the Compassion Institute website, out of Stanford:  
<https://www.compassioninstitute.com/about-us/overview/>