

Compassionate Action

with myself
and
with others

- ...be brave...
- ...start small...
- ...use what you've got...
- ...do something you enjoy...
- ...don't overcommit...

"steps" are from "Compassionate Action" by Ram Dass and Bush
"explanations" of each step are by Kathy, Pocket Perspectives

Be brave:

- Simply be willing to "show up" where you might be helpful
- Be willing to help out in any manner, however "small"
- Let go of expectations...simply offer to help out
- Focus on others needing help or support, not oneself
- Be aware that your variety of present skills or strengths will probably be helpful to others
- Realize that you have a lifetime of transferable skills and talents

Start small:

- Even your "small" actions can be very helpful to others
- "Small" may develop, with time, into something "bigger"
- By starting "small," you can build into greater competence as you get more experience
- In America, we may tend to think "BIG is better," but realize that "small is wonderful"
- By starting "small," you can avoid getting "overwhelmed"

Use what you've got:

- You probably have an abundance of transferable skills and talents, but you may not realize that you do.
- Simply start out by using your present skills, strengths or talents. Realize that those skills and talents can be so helpful to others
- What you have now is fine. You may develop greater skills with time, but right now your present skills will be helpful
- You will probably learn more and develop greater skills as you go.

Do what you enjoy

- You're often more skilled at activities that you enjoy
- When you enjoy what you're doing, your enthusiasm will shine through and be passed along to others. Your enthusiasm will be contagious!
- When you do what you enjoy, you'll often show more confidence, spontaneity and enthusiasm, which others will pick up on and benefit from.
- When you do what you enjoy, you're more apt to continue helping out

Don't overcommit:

- By starting "small," you can get a feel for how well matched you are for this particular type of "service" or "organization"
- When "overcommitted," for time, energy or competence level, you may get discouraged and give up
- By starting small, you can build competence over time
- By starting "small," you can get a sense for whether you'd like to have greater involvement in this type of "helping out"
- You might not be able to be as "competent" when you feel overcommitted