

# Compassion-in-Action, Inc.

a Colorado Nonprofit Corporation, IRS 501(c)(3) tax-exempt

## Mission Statement

Compassion-in-Action, Inc. (CnA) is a nonprofit public outreach effort with two objectives: (1) an educational approach focused on the health benefits of compassion-based meditation; and (2) facilitation of compassionate behavior through CnA's custom 12-bead strands.

## Education

... via TED-style talks, keynote presentations, and interactive workshops, online resources, and various other means, we are focused on showing why living a compassionate life helps promote physical, mental, and spiritual health and wellness for the individual who practices empathetic-based compassionate behavior, regardless of their own situation.

While educational programs are for all types of audiences, from teenagers to seniors and all-points in-between, CnA has a special focus with marginalized populations, such as the homeless and with members of the LGBTQ community; related areas where suicide rates are well above the national average, and where resources to help them are limited.

Going beyond, CnA's educational outreach expands to the family and friends of these special focus groups, to the compassionate caregivers who work directly with stigmatized individuals in various settings, and to other healing environments, such as support groups, hospitals, churches, and compassionate based service clubs.

## Facilitation

... of compassionate behavior centers upon the free distribution of CnA's custom-made, signature 12-bead, meditation strands to all interested people without limitation or discrimination, to the best of our ability. CnA's in-person teaching will include a hands-on, detailed daily meditative exercise; a clear and concise model, a tool that can help one to live a compassionate life. Attendees will depart more informed, relaxed and internally inspired.

This meditative exercise starts with the 10-Step *Alphabet of the Heart* developed by Dr. James Doty, a practicing neurosurgeon; he's also the founder and director of Stanford University's Center for Compassion and Altruism Research and Education, CCARE.

Completing the strand is our signature 12<sup>th</sup> special-focus black bead. All CnA strands are distributed without cost or obligation and include two index-cards, including an explanation for each step of CnA's *12-Step Meditation Toward Living a Compassionate Life* practice, along with source credit, and other helpful info to encourage the use of this meditative tool; a simple, yet powerful assistant to living "compassion-in-action". (published 7/4/2018)