

The Karmic Circles of Compassion ©™
One Man's Journey to a Compassionate Life

Presented by
Compassion-in-Action, Inc. (CnA)
a Colorado Nonprofit Corporation, IRS 501(c)(3) tax-exempt

Keynote Presentation...

This engaging 45-minute keynote style talk tells a compelling story of one man's remarkable journey, Dr. James Doty, from a life of poverty, homelessness and low-expectations, to a life filled with great achievements; and above all, to a profound understanding that lasting happiness & contentment stem from compassionate acts of caring, connection and kindness.

The audience will hear about the *Four Tricks* which transformed Dr. Doty's life; tricks that helped him become a neurosurgeon, educator, entrepreneur, and founder and director of Stanford University's Center for Compassion and Altruism Research and Education, CCARE.

The lessons learned from Dr. Doty's life relating to the importance of compassion to one's own health are interwoven with the latest scientific research and increasingly prove why performing ongoing acts of compassion helps promote physical, mental, and spiritual health and wellness for the individual who practices empathetic-based behavior, regardless of their own personal situation.

Attendees will also gain a greater appreciation of the self-benefits obtained from meditation. It includes an interactive shared meditative exercise, one that is concise, easy to learn and practice, along with the free distribution of CnA's custom 12-bead meditation strands and related informational materials to all interested persons.

Workshop...

This 75-minute session expands beyond the keynote presentation to incorporate a longer interactive, meditative workshop, during which attendees will assemble their own personal 12-bead meditation strands while going through a personalized version of CnA's concise and easy *12-Step Meditation Toward Living a Compassionate Life*.

Attendees will get all of the substance, style and passion of the keynote presentation, plus an even deeper understanding of the health and wellness benefits of meditation firsthand, and will leave relaxed, in a Zen-like state of being.

All talks are audience-engaging, packed with solid references, and delivered with passion by a seasoned, professional-level public speaker, authorized by Compassion-in-Action, Inc., and are offered at no cost, as part of CnA's nonprofit educational outreach effort.

To learn more, or to make a booking, please contact us via our website.