



FOUNDATION  
FOR UNIVERSAL  
RESPONSIBILITY  
Of His Holiness the Dalai Lama

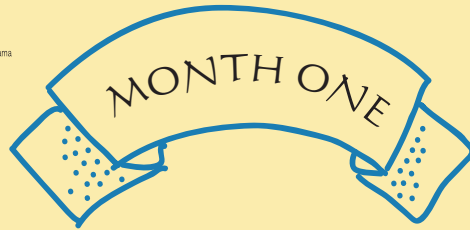
# Universal Ethics and Values

My Explorations and  
Experiments





FOUNDATION  
FOR UNIVERSAL  
RESPONSIBILITY  
Of His Holiness the Dalai Lama



# What is Compassion and Empathy

Compassion – A feeling of deep empathy and respect for another who is stricken by misfortune and the strong desire to actively do something about it. The human quality of entering into the suffering of others paired with the desire to help alleviate it.





Close your eyes and focus your attention on slowly counting up to ten. If your concentration wanders off, start again from number one! Do this for 5 minutes. After the 5 minutes are over, write how you felt.





What are some examples of negative mental habits? How do they cause me to suffer?  
What can I do change these habits?





Are there shared human values that go beyond  
our differences of religion, region, language or  
any other difference that human race has?  
If yes then what are these values and why are  
they important?





What is compassion? Write or draw one act of compassion that you witnessed or participated in today.





FOUNDATION  
FOR UNIVERSAL  
RESPONSIBILITY  
Of His Holiness the Dalai Lama

MONTH TWO

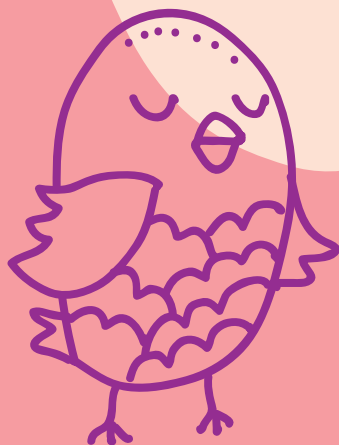
# Understanding Self & Self Care (Intra-personal)

The Light within  
Breath  
Relax  
Reflect  
Release

FOUNDATION  
FOR UNIVERSAL  
RESPONSIBILITY  
Of His Holiness the Dalai Lama



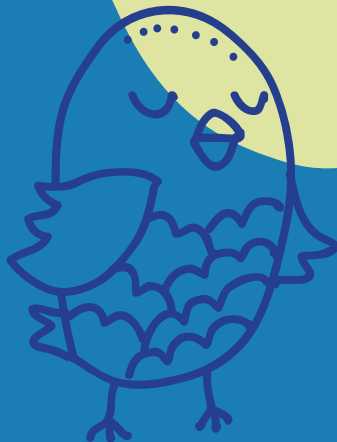
Sit quietly breathing in and breathing out and for five minutes, notice how you are feeling? Your feelings are neither good nor bad they are just feelings. Witness them and write or draw how you are feeling in the present moment.





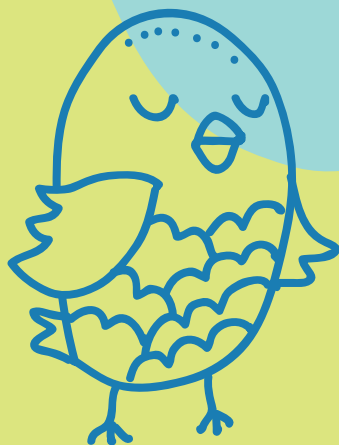


What gives me a sense of purpose in life?  
How does it contribute to my happiness?



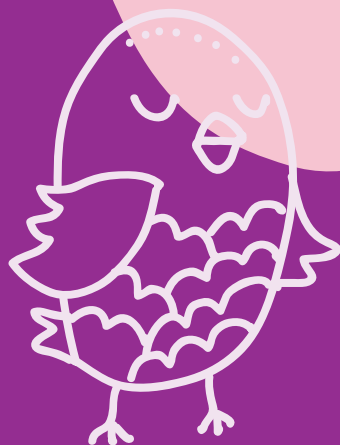


What are my dreams?  
What or whom challenge my dreams?  
What or whom help me achieve them?





Think of all the things that give you positive energy and draw, paint or write them down in these pages with as much love and beauty you can.





FOUNDATION  
FOR UNIVERSAL  
RESPONSIBILITY  
Of His Holiness the Dalai Lama



## *Relating to others (Interpersonal)*

*Naming the world with love, beauty,  
understanding and Empathy*

Learning to share someone else's feelings or  
experiences by imagining what it would be like  
to be in that person's situation.





Who gave you your name and why was this name chosen for you? What is the ethnic origin of your name? What are your nicknames, if any?

Now think of a name that is inspired by nature that can represent you. Draw that thing/element and write the qualities that you associate with it.





What makes you angry?  
Why does it anger you?  
Why is anger sometimes useful,  
but hatred always destructive?





What is the importance of forgiveness for your inner peace? Think of person you want to forgive and write down all the feelings that come to your mind when you think of them. Now write a note to him/her expressing your feeling. Over the coming days also write a note to person whom you seek forgiveness from.





Visualize a person in your life that you feel has loved you unconditionally. This is someone that has cared for you, someone that you like to be with. It doesn't matter if this person is living or not, whether you are still in touch with him or her or not: it is just someone that you know has loved you and wished you well.. Imagine this person is sitting in front of you looking and smiling at you and saying to "May you be happy, may you have deepest well being." Focus on receiving the wish of love. Do this for 10 minutes and then write down how you felt. Was it easy to do? Draw or write to express your feeling after this activity.



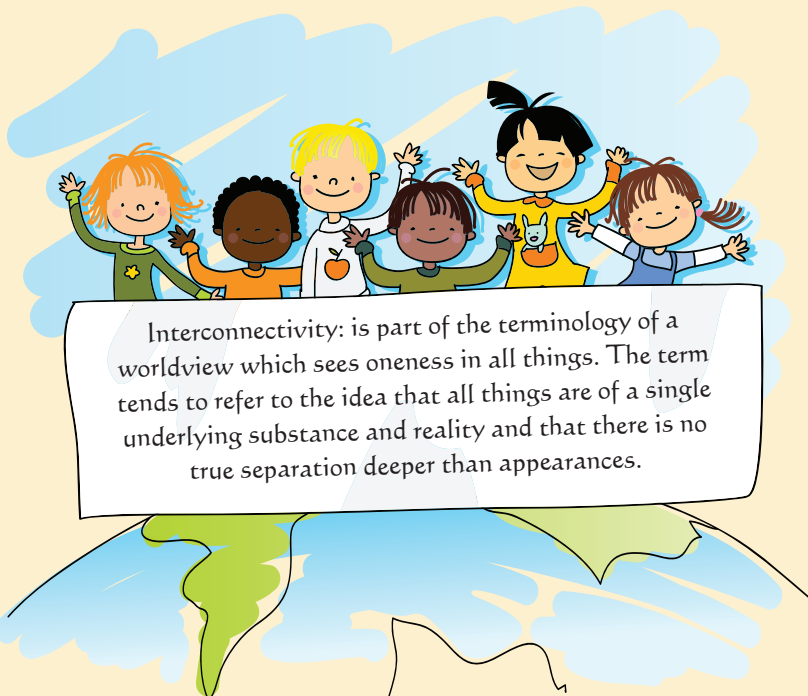




FOUNDATION  
FOR UNIVERSAL  
RESPONSIBILITY  
Of His Holiness the Dalai Lama

MONTH FOUR

# Relating to the World around Us (Community and the Globe)



Interconnectivity: is part of the terminology of a worldview which sees oneness in all things. The term tends to refer to the idea that all things are of a single underlying substance and reality and that there is no true separation deeper than appearances.

## WEEK ONE

Fill in the table below for at least 7 products that you use daily. Then ask yourself how each of the things you did today impacted your happiness.

| Action           | Material                                     | Source  | Impact my happiness                         |
|------------------|--|---|---|
| Slept in my bed  | bed frame, sheets, blanket, pillow, mattress | trees, cotton, sheep, wool, farmer, manufacturer, transporter, shopkeeper | There is nothing like the comfort of my bed |
| Brushed my teeth | tooth brush, toothpaste, water, towel        | plastic, aluminum, cotton, river  | clean teeth is good for my health           |





Choose any 7 products from the previous week  
and assess its impact on the following:

- 1) Impact on my health and well being
- 2) Impact on my planet's health and well being
- 3) Impact on producers of the material





Look at all things you have mentioned previously. Are they important for you happiness at the cost of the earth community? What can you do to remain happy without harming the planet and its people?





Write out your own prayer

May the future of humanity be.....

May all beings be.....

May human society be.....

May my family be.....

May I be.....

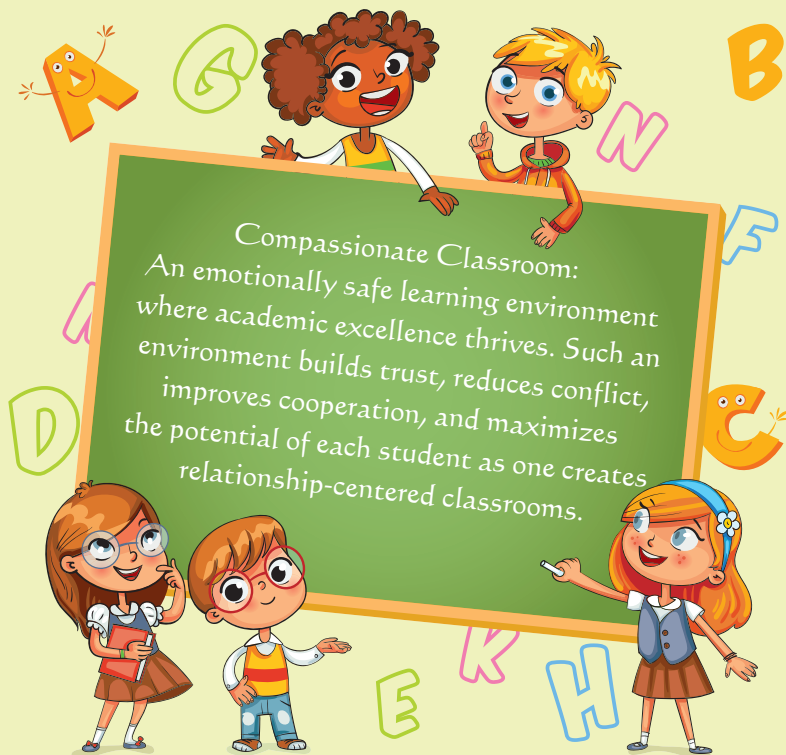




FOUNDATION  
FOR UNIVERSAL  
RESPONSIBILITY  
Of His Holiness the Dalai Lama

MONTH FIVE

# Building Compassionate Classrooms

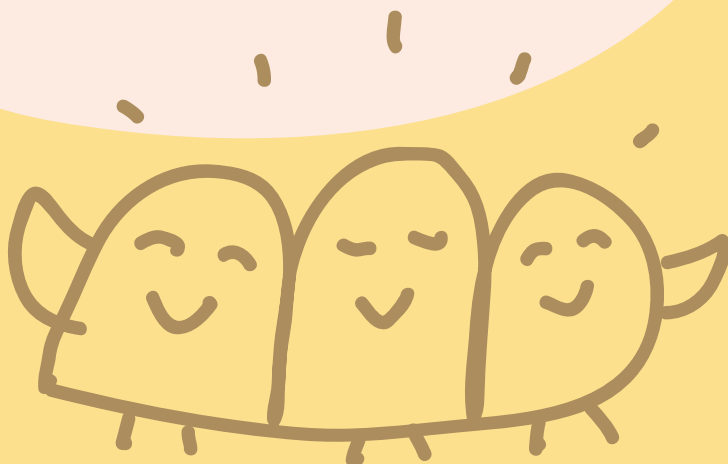




Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

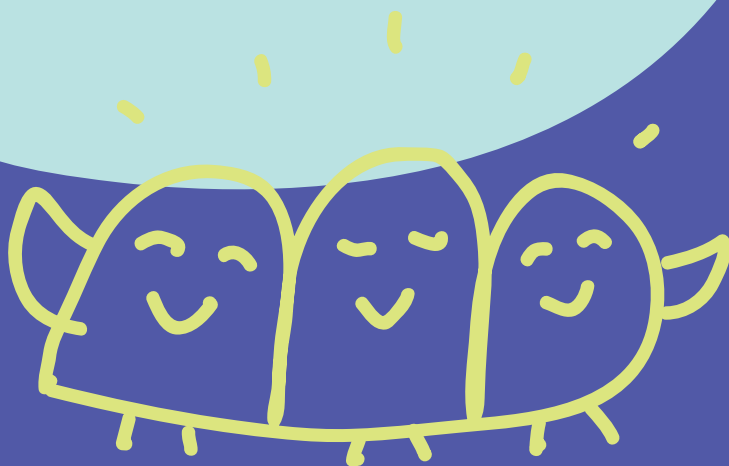
Have you ever been bullied? If your answer is yes write down the incident and how you responded to it (this doesn't have to be a classroom situation).

Have you ever bullied anyone? If your answer is yes, why did you bully? (this doesn't have to be a classroom situation).





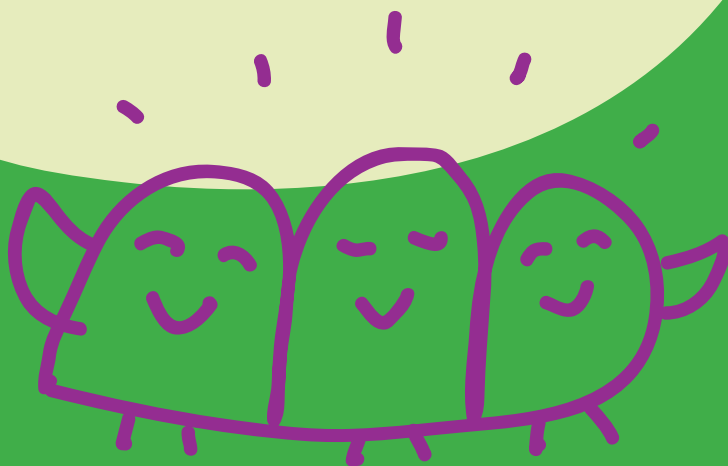
Think of things that you learnt through cooperation from others and things that you learnt from competition? Make a list of these things and write next to each one how each instance made you feel.







Think of 4 activities that you can do in  
your classroom which promotes a  
compassionate classroom





Reflect on the months gone by and answer

- 1) What I learnt
- 2) How it changed me
- 3) What more I want to learn about
- 4) What I liked and what I didn't like  
about the process
- 5) What was my aha moment

