



SEEDS OF  
COMPASSION

## What is Seeds of Compassion?

*Seeds of Compassion* is an initiative to nurture kindness and compassion in the world, starting with children and all those who touch their lives.

The first major program of the initiative will be a transformative event in Seattle, Washington, from April 11-15, 2008. Anchored by the deep wisdom of His Holiness the Dalai Lama, the event will celebrate and explore the relationships, programs, and tools that nurture and empower children, families, and communities to be compassionate members of society.

## Why Seeds of Compassion?

Compassionate human beings are the basis for forming strong and healthy societies. Kindness and compassion in the world start with children and all who touch their lives. Without compassion, the chances for building and sustaining a world where our children can grow into happy human beings are diminished.

When children form strong foundations—socially, emotionally, cognitively, and culturally—they can develop into happy and compassionate adults and positive members of society. Without compassion we risk the future of our world.

## What will Seeds of Compassion do?

*Seeds of Compassion* is about providing the fundamental foundations for happiness and success for children, their lives, and the society they live in. This historic event will feature dynamic discussions with scientists, researchers, public policy leaders, experts in childhood development, and the greater Seattle community. Through forums and discussions, compassion in action workshops, a resource fair, an interfaith/spirituality breakfast, and public gatherings, *Seeds of Compassion* will celebrate and explore opportunities for building compassion.

Each of the five days has a uniting theme and will provide parents, educators, and business and community leaders with an opportunity to learn the real benefits of compassion and concrete steps on how to bring compassion into their lives.



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APRIL 11-15

QWEST FIELD | SEATTLE CENTER

- **April 11 - Exploring the Seeds of Compassion:** The event will open with panel discussions on the scientific basis for compassion and how to take

compassionate action and an evening benefit concert with performances by Dave Matthews and Tim Reynolds.

- **April 12 - Compassion Arrives:** In addition to a resource fair and workshops, the Heartbeat of Humanity event at Qwest field will bring together a wide variety of community groups to express compassion through music, art, dance, spoken word, and movement.
- **April 13 -Action Makes Compassion Real:** Attendees can choose from 25 Compassion in Action workshops and discussions on Compassion in Giving.
- **April 14 - Compassion Starts Here:** Over 16,000 children will attend Children and Youth Day to share their expressions from the *What Does Compassion Look Like™* campaign. The Business and Policy Luncheon will stimulate discussion on how to implement compassionate practices in the workplace.
- **April 15 – Inspiring Compassion in Our Youth:** In workshops and panel discussions, His Holiness the Dalai Lama will be joined by Archbishop Desmond Tutu and other spiritual leaders who will focus on the central role of compassion in spiritual traditions and how to inspire compassion in daily life in our youth.

### **Where did Seeds of Compassion come from?**

*Seeds of Compassion* is the vision of Venerable Tenzin Dhonden, the Personal Emissary of Peace for the Dalai Lama, supported by Dan Kranzler, president of the Kirlin Charitable Foundation, to focus world attention on the following:

- Our communities need thoughtful, creative adults who are actively engaged citizens.
- Our global society needs people equipped to communicate across cultures and address differences through understanding and collaborative problem solving.
- These qualities must take root in early childhood.
- When children build from strong foundations emotionally, socially, and cognitively, they can develop into compassionate adults.

### **Why compassion?**

While people define compassion in many ways, most agree that it involves empathy for others and a desire to help ease their suffering. Recent research studies indicate that the ability to demonstrate compassion is closely tied to the brain and biology—children demonstrate sympathy as young as three-and-a-half years of age. By the time a child turns five as much as 80% of the brain's architecture is already developed. The formation of these neuropathways is profoundly influenced by the quality of the child's early relationships. Less than 50% of all children entering kindergarten are prepared socially and emotionally for school. Children who start behind are at risk of staying behind in school and life. For our children, our world, our future, we must inspire and promote compassion.

For more information visit [www.seedsofcompassion.org](http://www.seedsofcompassion.org)