



MINDFULNESS MEDITATION PRACTICE

PART IV: COMPASSION PRACTICE

May 18, 2024

9:00 AM-5:00 PM

Mindfulness Meditation is a 4-part series to learn the discipline and practice of informal and formal meditation.

Part IV: COMPASSION PRACTICE

Participants will discuss how being aware of compassion to self and others creates an emotional environment for universal love and healing. Meditation practice helps us to discover that we do not need to ‘cling’ to the emotional states which keep us from experiencing and sharing compassion to self and others. Participants will work with several compassion practices during sitting, walking and eating meditation.

COST: \$100. Lunch provided. 7 Nursing CEU’s provided

Workshop Facilitator:

Lisa Van Getson APRN, DNP, FNP-C

WORKSHOP OBJECTIVES:

1. Define and discuss compassion and the impact on daily life
2. Discuss the effects of compassion on illness and healing
3. Identify how compassion arises during meditation
4. Discuss how ‘clinging’ to emotional states prevents us from experiencing compassion
5. Participate in a formal meditation focusing on ‘clinging’ to one emotional state which prevents us from experiencing compassion
6. Practice informal compassion meditation
7. Practice formal compassion meditation