



Compassion and loving kindness – presentation notes

These notes accompany the Compassion and loving kindness slides, available on windowsintobuddhism.com

General

In the slides the following definitions of loving kindness and compassion are included (from Discovering Buddhism, by Dominique Side):

1. Loving kindness is the genuine wish that everyone should be happy.
2. Compassion is the genuine wish to free all beings from suffering.

Here is a little explanation to understand these ideas and the elements of the PowerPoint:

1. Loving Kindness requires one to recognise that just like us everyone wishes to be happy. This leads to the genuine wish that everyone should be happy.
2. Compassion requires one to recognise that there is suffering and that just like us nobody wants to suffer. This leads to the genuine wish to free all beings from suffering.

Starter

Challenge students to find what everyone in the class has in common, and then extend to everyone in the school, the city, the country, the world. If they get stumped guide them towards something equivalent to: everyone wants to be happy, that is what we have in common.

Being a witness to suffering and compassion video

In response to question 2: When we are able to bear witness to suffering it brings us from a state of “I am suffering” to “there is suffering”, it brings us to a more compassionate state of being, where we can understand others.

If you're short on time, or you just want to keep it simple, you can stop the video at 3:24.

The Buddha on Boundless Compassion video

When it comes to discussing “Buddhism is a religion turned only towards the individual/the practitioner, not towards the world and others.” you may wish to structure this as a debate, with half of the class working to find arguments *for* the statement and the other half arguing *against*.



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