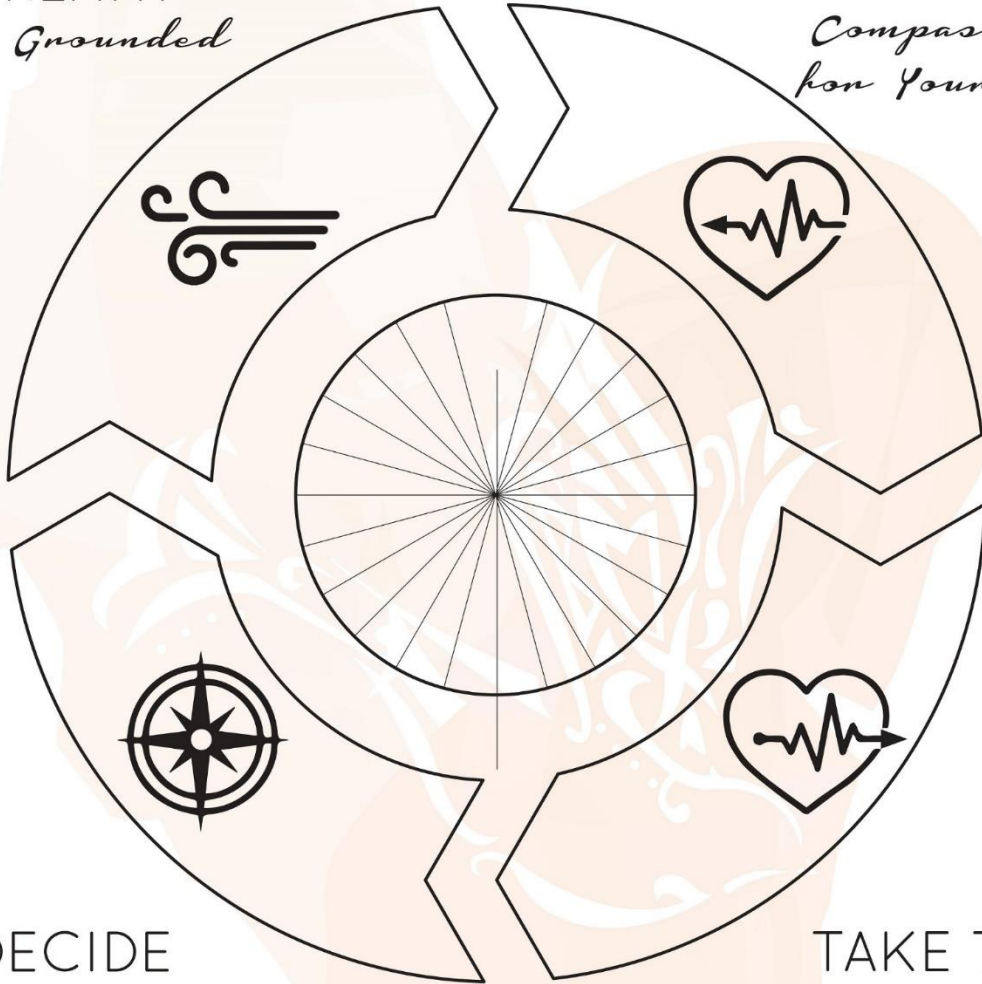


The Compassion Practice

CATCH YOUR
BREATH
Get Grounded

TAKE YOUR
PULSE
*Cultivate
Compassion
for Yourself*



DECIDE
WHAT
TO DO
*Discern
Compassionate
Action*

TAKE THE
OTHER'S
PULSE
*Cultivate
Compassion
for Another*