



COMPASSION & EMPATHY: CONTRIBUTING TO A COMMUNITY OF CARE USING TIBETAN BUDDHIST PHILOSOPHIES

By Jigme Tsering

**"COMPASSION IS THE RADICALISM OF
OUR TIME"**

- Dalai Lama

MONTHLY CHI-ZOMS

Virtual town halls that give people a platform to discuss important topics.

PAMPHLET

Informational resource for effectively engaging in difficult dialogues.

OPINION PIECE

A written piece on the experience and emotions that accompanied the creation and production of the town halls.

CARDS 4 CARE

An ongoing project aimed at caring for some of our most marginalized members of the community.

PROJECT DELIVERABLES

VIRTUAL TOWN HALLS: CHI-ZOM

VIRTUAL YOUTH TOWN HALL



Date:

June 17th 2020

Register:

Registration URL

Topic of Discussion:

Children of Tibetan immigrants face unique experiences engaging with elders due to inter-generational cultural differences. This town hall will identify and address difficult topics like LGBTQ+ status, current events, and mental health within the lens of the Tibetan youth. Using modern academia and Buddhist philosophies, we hope to uncover key barriers and strategies to meaningful dialogue.

Chi-zom 1



CHI-ZOM 1 FACILITATOR:

Dr. Kunga Norzom





The **Treatment** of Women within the **Tibetan** Community

Topic of Discussion:

Tibetan women are our mothers, sisters, friends, and community members often balancing dual expectations that reflect both traditional culture and modern upbringing. While it's regularly overlooked, Tibetan women often face unnecessary harassment that causes them to feel unsafe within their own community. Although this town hall specifically focuses on the treatment of women, the topics and issues that we'll be discussing apply to the broader Tibetan society.

Date: Sept 14th, 2020 6-8pm ET

Chi-zom 2

VIRTUAL YOUTH

CHI-ZOM Religion and Identity



Topic of Discussion:

Buddhism and the Tibetan identity have been long entangled with one another. But what makes one a Tibetan Buddhist? Is it tradition, religion, or ingrained in to our life philosophy? How do people self identify, what have we individually struggled with when it comes to religion? The topic of this town hall will be to navigate these questions and the different emotions and obligations that Tibetan youth feel towards Tibetan Buddhism.

Date: October 12th, 2020

Chi-zom 3



CHI-ZOM 3 FACILITATOR:

Khenpo Kunga Sherab La



tenzin rigsang



Nono Choden

VIRTUAL CHI-ZOM: Raising Awareness for Alcohol Abuse



Topic of Discussion:

TBD

Date: NOV TBD

Chi-zom 4

PAMPHLET

General Tips

- Plan ahead- write down what you want to say to organize your thoughts.
- Stay focused on the present issue. Bringing up the past almost always backfires and causes people to become defensive. You can't change the past, but you can work on a current problem.
- Do not force your ideas onto the other person. Allow them to come to their own conclusions with the information presented to them. Eliminating or reducing others' sense of control leads to anger, frustration, and resistance thereby reducing the chances of influence.

Additional Resources

- <https://kidshealth.org/en/teens/talk-to-parents.html>
- <https://parentandteen.com/how-to-talk-to-parents-about-something-important/>
- <https://schools.au.reachout.com/articles/how-to-have-difficult-conversations>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6538763/>

BLACK LIVES MATTER

<https://www.nbcnews.com/news/asian-america/how-talk-your-asian-immigrant-parents-about-racism-n1229411>

LGBTQ2+

<https://www.hrc.org/resources/family-and-coming-out-issues-for-asian-pacific-americans>



A GUIDE TO DIFFICULT CONVERSATIONS

FOSTERING POSITIVE DIALOGUE
BETWEEN FAMILY & FRIENDS



Getting Started



KNOW WHAT YOU WANT FROM THE CONVERSATION

Establishing a purpose will help guide the conversation in a productive direction.

Whether you're seeking advice, understanding, validation, permission, acceptance, or help - it's important to set realistic expectations. You cannot change the way someone thinks with one conversation.

IDENTIFY YOUR FEELINGS

Acknowledge and accept your emotions. Feelings of anger and frustration are valid, but do not lead to productive conversations. Openly communicate how you are feeling in a calm and non-accusatory manner.

PICK A GOOD TIME TO TALK

Avoid times that you or the other person may be highly stressed or preoccupied. If it's hard to find a good time, try a prompt such as: "I need to talk to you. When is a good time?"



DO's

ACTIVE LISTENING

Spend just as much time listening as talking. Engage with what they are trying to convey without hostility or judgement.

COMPASSION & EMPATHY

Provide validation and supportive listening if you sense fear, hesitation, anxiety, uncertainty, or sadness. Consider factors that may be influencing the other person's lack of understanding.



DONT's

SELFISHNESS

Avoid thinking about what you want to say next until you've fully acknowledged the other person's thoughts.

ARROGANCE

Don't go into the discussion with the intention to prove the other person wrong, as it may elicit a defensive or hostile response. Avoid jumping to conclusions and assuming that everyone else thinks the way you do.

Managing Stress

Engaging in difficult conversations with loved ones can cause a great deal of stress and anxiety. Rather than letting those feelings prevent these dialogues, verbalize them in your conversations. For example:

"I need to tell you something - but I'm afraid of how you'll react."

"I need to talk to you - but it's kind of embarrassing."

Disengaging

When discussing a touchy subject it can be hard to keep your cool. If you or the other person becomes angry during the conversation, take a pause and disengage if you feel progress isn't being made. To avoid damaging the possibility for a future discussion, avoid ending on a negative note. Rather than storming out or cutting someone off - state that you feel it would be best if you both took some time to cool down and revisit the topic later on.



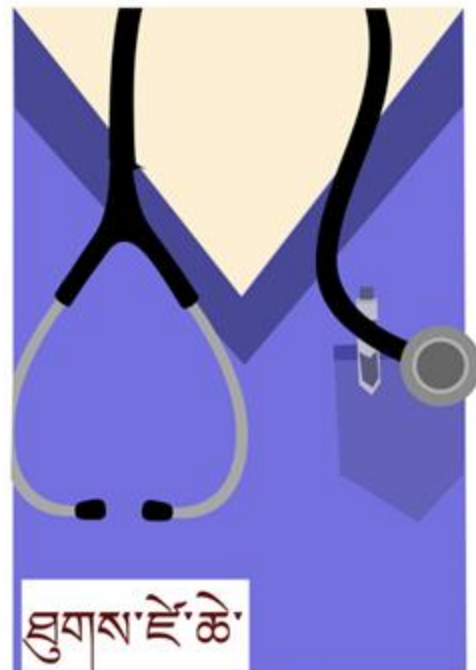
OPINION PIECE

"THE CREATION AND PRODUCTION OF THESE CHIZOMS WERE A LABOUR OF LOVE AND SUPPORT FOR A COMMUNITY THAT NEEDED THEM. WHILE FOR ME IT WAS A FELLOWSHIP PROJECT THAT I FELT STRONGLY ABOUT, THE SUCCESS OF THE INITIATIVE CAN BE ATTRIBUTED TO THE MOTIVATED MEMBERS OF THE TIBETAN COMMUNITY IN DIASPORA."

CARDS FOR CARE



**Thank You To All Ontario Food
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Q/A