

Towards Altruism

be inspired



practice



get involved

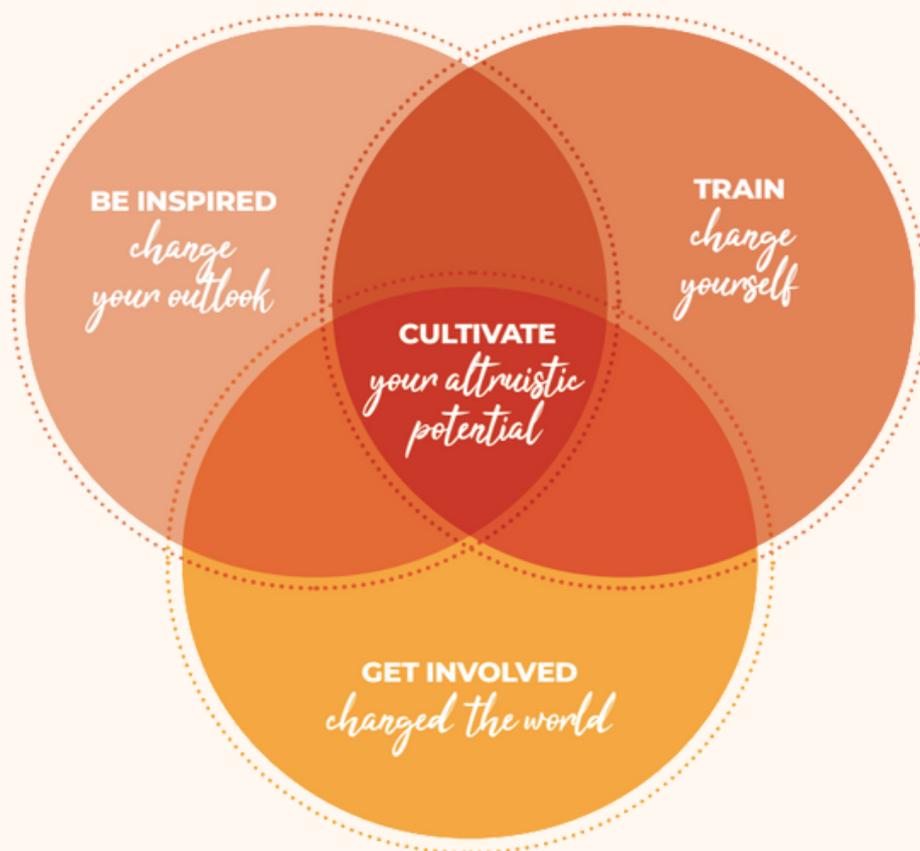


karuna
shechen

altruism
in action

Cultivating your altruistic potential

The three elements of this triptych are: to **be inspired**, to **practice**, and to **get involved**, and they are **interrelated**. , You can start to incorporate the part that seems the easiest before cultivating the rest. The aim is to **reach a balance** between the three of them. Together, they are key to **nurturing an altruistic mindset** in the long run and can lead to tangible results.



Cultivating an altruistic set of mind in a **daily and progressive effort**. When you start to face difficulties, feel discouraged, or act selfishly, do not feel down; these are perfectly normal reactions but they should not stop you.



Be inspired



'Being inspired' requires finding **sources of motivation** outside of ourselves that resonate with what we feel inside or what we believe in. **Inspiration can come from a variety of objects and feelings** and these can change over time.

It can originate from **information, resources, or events** we have witnessed, or through connections to **landscapes, animals, or human endeavors**.

It is essential to identify our objectives and **not lose sight of our motivations**. This is also a way to remind ourselves **that we are surrounded by good**, which is much more frequent than one might think. Finally, on a more practical note, finding ideas and learning about existing inspiring initiatives are additional ways to be inspired.

How?

- Listening/reading testimonies
- Staying informed
- Admiring nature
- Acknowledging the good that surrounds us
- Finding what fascinates us, personally

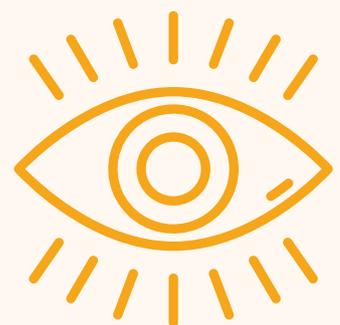
Questions to ask ourselves

- What was the last altruistic act I witnessed?
- Where and in what do I find beauty?
- When was the last time I was disgusted by something?
- What would I like to be able to do?

Resources

- **Wonderment:** Karuna-Shechen, "[Wonderment in action](#)"
- **Finding courage:** Brené Brown, "[The Power of vulnerability](#)", *TedTalk*, 2011
- **Journeys of activists:** The Earth Issue, *Cultural Council*, "[Class of 2021](#)"
- **Turning dreams into actions:** Panayotis Pascot, "[Dream, Dare, Work, and Never Give up](#)", *TedTalk*, 2016

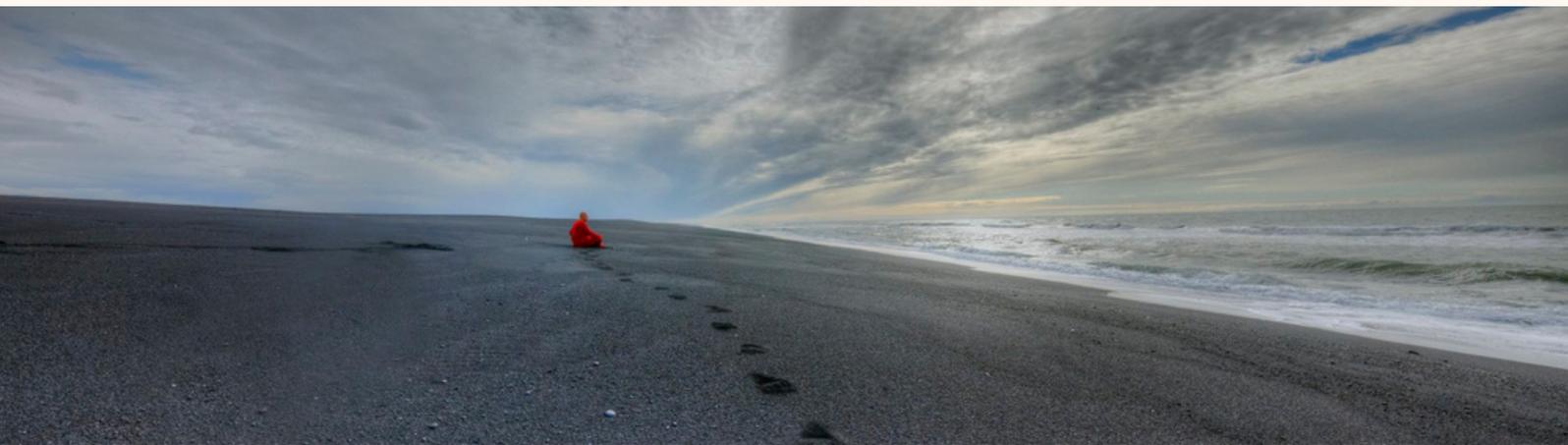
be inspired





Practice

Practice means **training regularly** to acquire soft or hard skills. Indeed, just as we can learn to play an instrument or improve our efficiency by doing certain tasks, we can learn to develop our emotional intelligence by rehearsing often.



Karuna-Shechen encourages you **to find the type of training that suits you** best, whether it is meditating, praying, reading, doing daily altruistic acts, or paying more attention to your environment.

The aim of cultivating an altruistic mindset is to **make benevolent and generous acts more instinctive, frequent, and easy**. By learning to know yourself and identifying your limits, you can avoid being overwhelmed by your own emotions and those of others.

How?

- Meditating
- Praying
- Breathing
- Reading
- Writing in a journal
- Fixing small daily challenges

Questions to ask ourselves

- What can I do today to show generosity, patience, kindness, devotion?
- What happens in my body when I get angry? when I feel joy? when I put things into perspective?

Resources

- **Slowing down:** Box breathing
- **Starting to meditate:** Matthieu Ricard, *The Art of Meditation*, Atlantic, 2011
- Guided meditation: "10-Minute Meditation For Beginners », Goodful, 2020
- **Méditer selon son humeur :**
- **Acting at your own pace:** Small steps method

practice





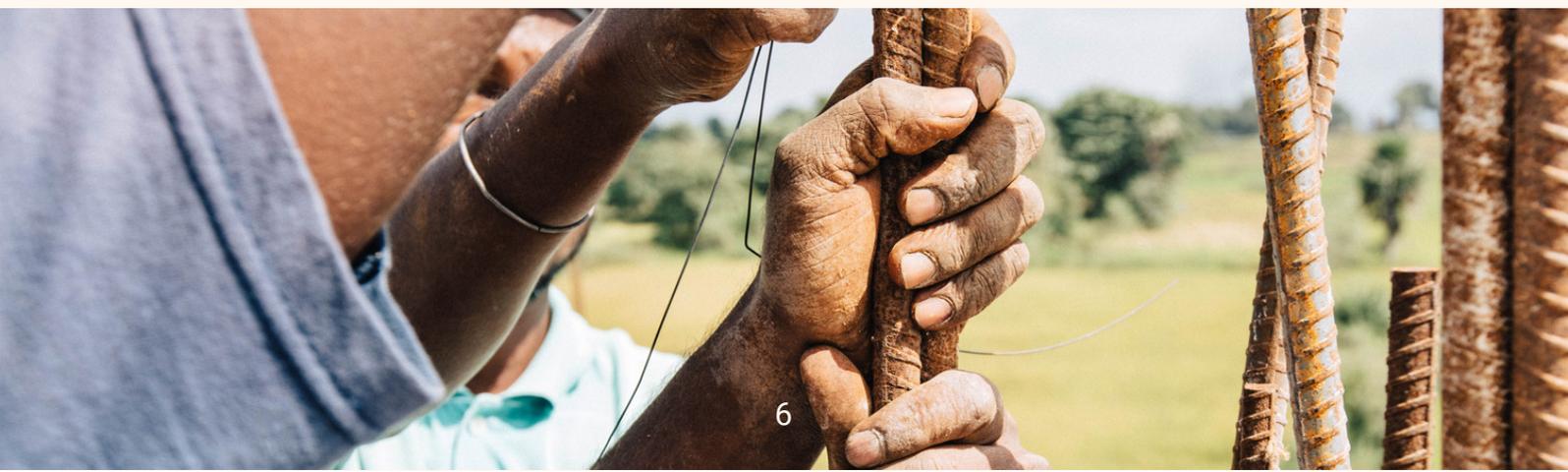
Get involved

Nurturing your motivation and **making your practice more concrete** helps you **to get involved**. When you act to benefit others, you do not think as much about yourself, and this is the basis of altruism.

Inaction cannot elicit altruistic behavior. Without action, inspiration, and practice, altruism remains an abstract aspiration. **Getting involved is easier than you may think**, and now is the time to begin!

There is no act too small or insignificant. It is up to every individual to find their **way to act**, keep a **just intention**, and make sure they can **stay committed**. Mobilization can be:

- Individual or collective
- Progressive or sudden
- Constant or irregular
- Frequent or singular
- Common or unique



How?

- Forming new habits
- Finding volunteering missions
- Sharing relatable information and petitions
- Financially supporting associations
- Having brave discussions with your relatives

Questions to ask ourselves

- In which field do I want to act?
- When do I feel the urge to act daily?
- Is there an association nearby that I could join?
- What could I improve individually and in myself?

Resources

- **Signing or creating a petition:** [Change.org](https://www.change.org/)
- **Fiding a cause:** Changemarkers "[Take Action](#)"
- **Young and involved:** [Dosomething.org](https://www.dosomething.org/)
- **Be part of the change:** [Avaaz](https://www.avaaz.org/)
- **Fidning a job or internship that makes sense:** [Idealist.org](https://www.idealists.org/)
- **Combining talent and involvement:** Karuna-Shechen, [Action For Karuna](#)

get involved



*Together towards a
more altruistic world*



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