

# The Doko of Compassion



*Weaving Our Everyday Compassionate Being  
Nurturing A Regenerative Space for Dialogue, Action, Healing & Co-existence*

## A Journey To Everyday Forms Of Compassion

21 Days For 21<sup>st</sup> Century

*Nurturing And Sustaining An Everydayness Of Compassion For Compassionate Beings*

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*We are surviving in an era of taken for granted world where our self to self-relationship, relationship with nature and relationship to other has been completely shattered and broken.*



*Can compassion be taught, Learned or inspired? Why is compassion perceived to be such a big thing? Is compassion about only charity, donation, humanitarian interventions, making sometimes sacrifices and making us available only in times of crisis and disasters? What about compassionate Beings in everyday forms of action we do usually unconsciously and as a habit & routines? Can we be compassionate while we are breathing, walking, eating, communicating and sharing?*

*The value that this initiative, a journey of Doko of Compassion can offer is to convert our ways of action as a bridge to understand self and self & self and other relationships that help all of us to build the basis of compassionate beings which will address the multiple layers of brokenness, poly-crisis & woundedness of the society. This journey will prepare us in decolonizing and De-schooling and enable to go beyond single issue-based reality to totality, by rebuilding community, networks and co-owning pains and suffering.*

Can we be compassionate at all times? Should We?

## An Everydayness of Action

### **Breathing,**

*Do we know what we breathe? Are we aware of what we breathe? How we breathe? How is our breathing? Do we even think of it?*

*How many of us today are actually aware of our own breathing? Aware of what we breathe?*

### **Eating,**

*Are we conscious of what we are eating? What do we eat today? Do we know how and from where our food comes from? Do we cook our food ourselves today? Do we grow them? Whose food are we eating? How do we turn our eating to experience compassion and build ourselves to become compassionate beings?*

### **Walking,**

*How many of us walk today? Are we conscious enough of our walking? Is walking simply an act of mobility or beyond? How do we make sense of our walking? Do we even know how to walk on this earth? If yes, can we think of walking lightly, gently and tenderly on mother earth?*

*Satish Kumar writes in his book 'Elegant Simplicity',*

*Walking is not just a means of traveling from A to B, not just a means of arriving somewhere. Walking is a spiritual practice in itself—a practice in simplicity, minimalism, and meditation. Walking helping in reaching to the heart of people not only to the remote village and hamlets.*

### **Sharing/Communicating**

*How do we communicate today? What do we communicate? Are my sharing's healing or hurting people and planet? Does my communication spread peace and happiness to me and others? Do we have close observation of our sharing? Do we care about our communications & our sharing? What are we communicating in everyday form of life? Do we even look at our daily forms of communication and sharing? How social media is enslaving us? How toxic or healthy narratives we are sharing through our social media? Whose narratives counts in today's world of social media and sharing? Am I contributing for nourishing narratives or degenerating our local and organic and healthy concerns and narratives?*

### **Working,**

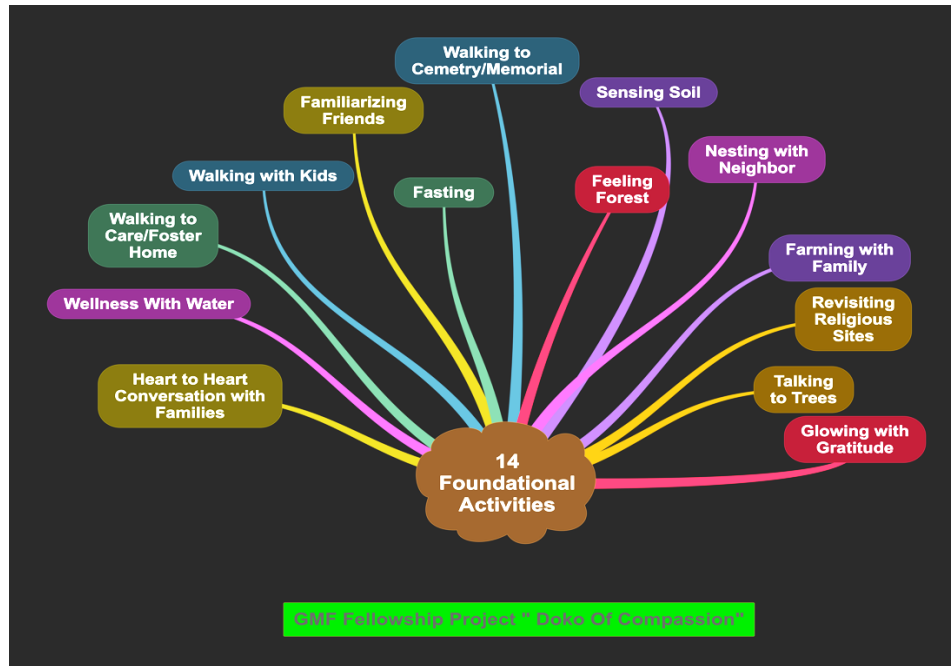
*What work we are doing? How does work mobilize or utilize us? For whom are we working? What work has done to us? What work has done to others? What work has done to planet? Whose work we are doing? Who gains in workplace? Who loses in workplace?*



Figure 1: 14 Foundational Activities on Compassionate Doings

*These experiential 1<sup>st</sup> level journey enables us to nurture conscious communication & dialogue with self, soil, air, water, land, people and cosmic. Everyday consciousness of action basically helps to reclaim our thinking, eating, walking, and breathing. This will allow us to be critically conscious of our everyday forms of action that usually we do by habits, routines, and unfocusedly but are mutually influencing. Allocate one day for one activity, be Conscious of, Be Reflective of. You can start from any activity. No such Rules.*

*Immerse deeply in these 14 days experience, which you can choose to start from anyone of the diagram, as each of the activities are connect to each other if you reflect critically. These activities are not something complete exclusive, but it's our everyday forms of life. These 14 days immersion will help you to be conscious of your doings and beings.*



*Nesting with Neighbor:* Spend time with your neighbors. Share Your Stories. Listen to their experiences. Acknowledge them for being in your life. Cook Together. Share Your Favorite food.

*Glowing with Gratitude:* Be Grateful for having your life to. Express your gratitude for small things that you take for granted. Show how grateful to you are to the person, to the nature and to the community. Be grateful to farmers who grow food for you. Be grateful to the house makers who built for you. Be grateful to the tailor who stitched your cloth. Notice Small Small Invisibles helping hands who made your life easier. Reflect to be Grateful.

*Revisiting Temples/Stupas/Church/Monasteries:* Walk to Temple or church or Stupa or Monastery or Mosque. Spend 1 or 2 hours. Just Pray. Just Mediate.

*Heart to heart Conversation with Families:* Allocate this day to complete conversations with your families. Share Your Vulnerabilities. Share your pain. Share your happiness. Share how much you love them, how much you care them. Share from your heart. Share your Reflections. Go deeper. Dig Deeper of their values in your life. Share what you learned from them.

*Talking to Trees:* Be with Trees. Talk to Them. Hug the Trees. Listen to them. Pray with Them. Be with Them. Observe the magnificent beingness of Tree.

*Familiarizing Friends:* Invite Friends to Food. Share your Gratitude to Friends. Share your Joys and Sorrows. Go for walk. Look Back to Old Pictures. Share your memories. Share how you met first.



*Walking to care/foster home/old citizen home:* Walk to Care or Foster or Old Care Home. Spend time with them. Serve Food. Eat With Them. Listen to their life time experiences. Express Gratefulness for their roles and contribution and times.

*Fasting:* Allocate this day for Fasting from Food. Drink only when you feel Thirsty. Fasting not only from Food, but also from Thought and Action. Act tenderly. Make Some few Walking but not to intensive walking.

*Walking with Kids:* Go Walking with Kids or children. Listen to their Questions and queries. Eat Food Together with them. Crack Jokes or Sing a Song with them. Dance with them. Play some Instrument.

*Walking to Cemetery/Memorial Park /Museum:* Walk to Cemetery or Memorial Park. Remember /Imagine their lives. Reflect and Recall.

*Sensing Soil/ Touching /Grounding on Earth:* Walk barefoot. Touch the Soil, Sense the soil with your both feet and hand. Feel it. Connect it to the Food you got every day. Be thankful to Soil to Earth.

*Farming Space with Family/Terrace Gardening:* Go for Farming with Family either in your farm or in terrace farming. Grow Foods Together. Allocate the work among you.

*Wellness with Water:* Go for Natural Bath or Waterfall Sprinkling. Be with Water. Observe water. Reflect your experience with water. Recall how much you waste water. Reconnect to those who walked miles to get water. Express your gratitude to water, to Life.

*Feeling Forest:* Go for Forest Bathing. Make it Sacred Journey. Embrace the Diversities of Forest. Feel the Space of Forest. Be



Figure 3: Critical Activities

*As all the crisis starts from our everyday small actions, from our home, with our friends, and is very well connected to them. This journey is about being self-aware in our everyday actions to that we hurt less and less and we heal more and more. Our everydayness can craft this doko space to be in the village of compassion in cultural, experiential space not just physical to nurture regenerative, inclusive, compassionate and reconciliatory space. This will embrace differences where self and other can co-exist, with eco-social-spiritual healings of all.*



**Weaving Doko Space to weave compassion in our everyday forms of life to experience living in the village of compassion.**

*Let us start the weaving compassion to experience doko space as we weave doko and carry them in our everyday lives with daily routines and works, we can actually carry the doko of compassion in order to build village of compassion where we all live embracing heterogenous harmony.*



### **Critical Activities**

*These six critical activities have to be engaged, celebrated and immersed with profound understanding of caring for self and other. As all the activities are the parts of human life, just be careful to be conscious of and connect the dots of values of each critical activity.*

#### *Living Forest Bathing (Shinrin Yoku)/Living With /In Forest: Green Bathing*

*Immersing yourself completely into the ecosystem of forest to understand the relationship of magnificent being of forest and your being in the forest, where you will be able to make sense of your-ness and interconnection that nature always in.*

#### *Living as if it is Last Day*

*How will you live if today is your last day of your life on this earth? What will you do? How will you make sense of your life? What you want to do? How do you see others and yourself? Can you live today as if your last day?*

#### *Living Gratitude*

*Can we live by sharing gratitude? Whom are you grateful to you? Can you mention? Can you live sharing your gratefulness? Share your gratitude to the people, or the community and mean it, and live with it.*

#### *Living With Essentials Only*

*What are your basic essentials for your life? Make a list. Sleep on the Floor with the very basics. Avoid all the things/stuffs that you don't need. Curate the things and thoughts that you don't need. Live with that serves your purpose and gives values to you and to others.*

#### *Living Cosmic Dialogue*

*Talk to Plants, Hug them. Talk to Stars. Talk to Moon. Walk on the moonlight. Walk on the morning sunlight. Talk to Cosmic world. Listen to them.*

#### *Eating my own fruit*

*Grow your own garden, sow the seed of vegetables and fruits. Share them with your family, friends, share your own stories, concerns among family and neighbors.*

*Living simply is peace imperative, spiritual imperative. (Satish Kumar)*



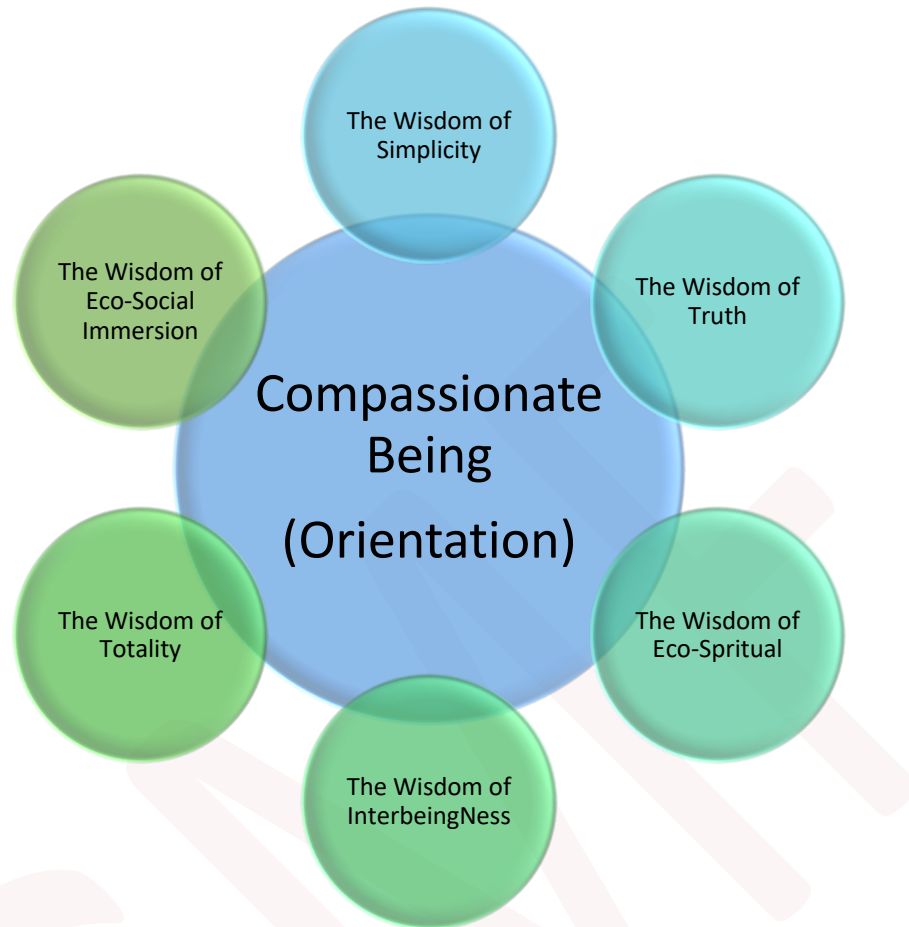


Figure 1: Six Pathways to Compassionate Beings (From Learning Encounter of GMF Fellowship 2022)

These 6 pathways, as shown in the diagram influenced and inspired by various cultures that nurtures the wisdom of truth, totality, eco-social-spiritual immersion, interbeing-Ness, simplicity, and eco-social caring allows us to create compassionate beings. Therefore, it creates the nurturing, regenerative, dialogical and reconciliatory spaces where coexistence of self and other can be harmonized.

*Eco-social-spiritual immersion emphasizes the importance of connecting with nature and recognizing the spiritual aspects of our existence. It encourages us to be mindful of our impact on the environment and to foster a sense of reverence and care for the natural world.*

*The pathway of simplicity invites us to simplify our lives and let go of excessive material possessions /accumulations and distractions. It encourages us to focus on what truly matters and find contentment in simplicity.*

*When we embrace the wisdom of truth, we become more aligned with our authentic selves and are able to approach situations with honesty and integrity.*

*Eco-social caring calls us to embody compassion and empathy towards all beings and communities, both human and non-human. It emphasizes the importance of caring for one another and taking collective responsibility for the well-being of our planet.*

*Interbeing-ness, a concept derived from Buddhist philosophy, highlights our interconnectedness with all sentient beings. It reminds us that we are not separate entities, but rather part of a larger web of life, and that our actions affect others.*

*The pathway of totality encourages a holistic perspective, considering the interconnectedness and interdependence of all beings and systems. When we cultivate these pathways, we create nurturing, regenerative, dialogical, and reconciliatory spaces. These spaces allow for the coexistence of self and other to be harmonized, fostering understanding, compassion, and mutual respect.*



### *Compassionate Doings to Compassionate Beings*

*We are much concerned about Compassionate Beings, yet compassionate doing has a role to play, we realized to move deeper level. Compassionate Doing is not enough to address the problems of self and other, and the multiples sites of pain and suffering, brokenness and woundedness. This shifts from compassionate doings to compassionate beings is translation of Doko space for us to experience to live in the village of compassion with peace, bliss, care and concern for each other, among all of us, including all in one canvas.*



*Village of Compassion*