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The Spark, February, 2024, Edition 07



The Magical Ability of Music to Inspire Action

When the pandemic erupted, I decided I would send a short email and a link to a piece of music each day to friends, colleagues and family. After all, music emerges as a profound catalyst for connection, reflection, and the awakening of our compassionate selves. Beyond its auditory allure, music has the transformative ability to transport us to a realm where kindness and empathy flourish. In this exploration, we delve into the harmonious relationship between music and compassion, discovering the unique ways in which melodies guide us toward our gentler, more giving selves.

I think it is time to embark on an experiment. How about we come together at least once, hopefully a few more times, to experience music together. Let us have music become the balm for our souls. We are living in sorrowful times so let us allow ourselves the solace to support the individual and global challenges we face.

Join me on **Wednesday, February 14, 8 am PST for an hour.** [Register here](#)

I'll bring to the session a few pieces of music that hopefully will allow us space for reflection, will help us transcend cultural barriers, inspire kindness and evoke a sense of peace. Let's see what happens when we come together.

With warm regards,

Marilyn Turkovich.

Offerings To Transport New Ways Of Being



February 12, four consecutive weeks, Grief and Loss

We all face losses—from separations and disappointments to shocking, even traumatic events. Join Dr. Rick Hanson, New York Times' bestselling author and psychologist as he takes us through powerful practices that help us bear the unbearable, and in natural ways move forward, heal and find happiness again. In this self-paced course, Rick helps you soothe emotional pain, find perspective and meaning, mend what you can, and hold whatever has happened with acceptance and self-compassion. Please make certain to use the code **CEI-GL40** for this course when registering, for the special Charter discount.

[Learn More and Register Here](#)



Compassion Training for Busy People

Thursdays, February 15, 22, 29, March 7 and 14, 2024.

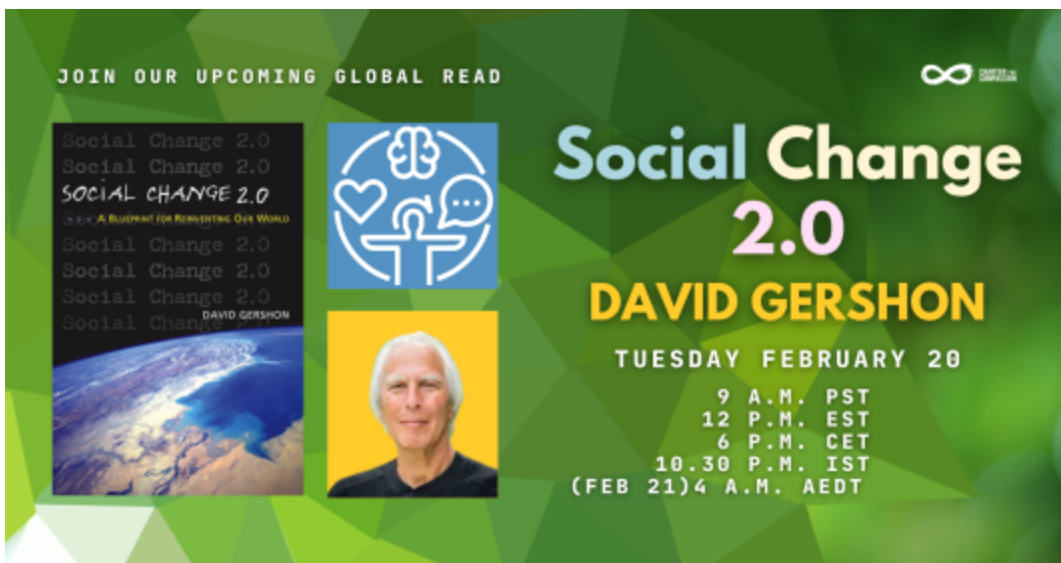
9 AM PST / 11am CST / 12pm EST / 5pm GMT / 10.30pm IST

The poster features two video call windows on the left. The top window shows a man with a beard and headphones, and the bottom window shows a woman with long dark hair. The background is a light blue pattern of white dots and lines.

February 15, 22, 29, March 7 and 14. Compassion Training for Busy People

We invite you to spend 90 minutes each week connecting with your instructors, Sara Schairer and Burrell Poe, and others while you learn about and practice compassion and mindfulness. Sign up for five weeks of connection, accountability, learning and laughter. (Yes, this will be fun!).

[Learn More and Register Here](#)



JOIN OUR UPCOMING GLOBAL READ

Social Change 2.0

DAVID GERSHON

TUESDAY FEBRUARY 20

9 A.M. PST
12 P.M. EST
6 P.M. CET
10.30 P.M. IST
(FEB 21) 4 A.M. AEDT

The poster has a green geometric background. On the left, there is a stack of books titled 'Social Change 2.0' by David Gershon, a blue icon of a brain with a heart and a speech bubble, and a portrait of David Gershon. The top right corner features the Charter for Compassion logo.

February 20, 9am PST / 12pm EST / 5pm GMT / 10.30pm IST Global Read: Social Change 2.0 with David Gershon

If change is the mantra of our moment in history, Social Change 2.0 may be poised to become its bible. Drawing on his three decades in the trenches of large-scale societal transformation, David Gershon described

by the United Nations as a graceful revolutionary, offers an original and comprehensive roadmap to bring about fundamental change in our world.

David Gershon, founder and CEO of Empowerment Institute, is one of the world's foremost authorities on behavior-change and large-system transformation, and applies this expertise to issues requiring community, organizational, and societal change.

[Learn More and Register Here](#)



February 22, 26, and 29. American Textures

'American Textures' is an immersive three-session workshop that aims to create a safe, brave and inclusive space where participants can engage in meaningful dialogue and share experiences. This program has two distinct parts: 1) Building a Peer Community, in which you can foster emotional resilience and practices for the art of dialogue across difference and 2) Engaging in meaningful dialogue.

[Learn More and Register Here](#)



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EVERY THURSDAY AT

FRIDAY FRIDAY
11 AM PST / 8 PM CET / 12.30 AM IST / 6 AM AEDT

ON OUR SOCIAL MEDIA CHANNELS

CHARTER FOR COMPASSION

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- **Thursday, February 15 (Next week!)** with special guest from Crossing Borders Education to learn more about [American Textures](#).
- **Thursday, March 14** with special guest Babalwa Ngcongolo, member of our Board of Trustees, to talk about Ubuntu Festival in South Africa.




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Charter for Compassion, 2024

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