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The Spark, February 16, 2026, Edition 70



Eyes Wide Shut: When Seeing Without Acting Becomes Complicity

There are moments in history when it is no longer accurate to say that people *didn't know*.
We know. We see. The evidence is everywhere.

We see democratic norms being dismantled in plain sight in the United States.
 We see schoolchildren kidnapped in Nigeria.
 We see journalists silenced, courts weakened, lies normalized, and cruelty explained away as policy or necessity.

Our eyes are open. And yet—somehow—it is as if we are not seeing.

“Eyes Wide Shut” is not about ignorance. It is about disassociation—the quiet psychological move that allows us to witness harm and still tell ourselves: *this is not my problem, this is too far away, this will surely correct itself, someone else will act.*

History warns us where this leads...

[Continue Reading Here](#)



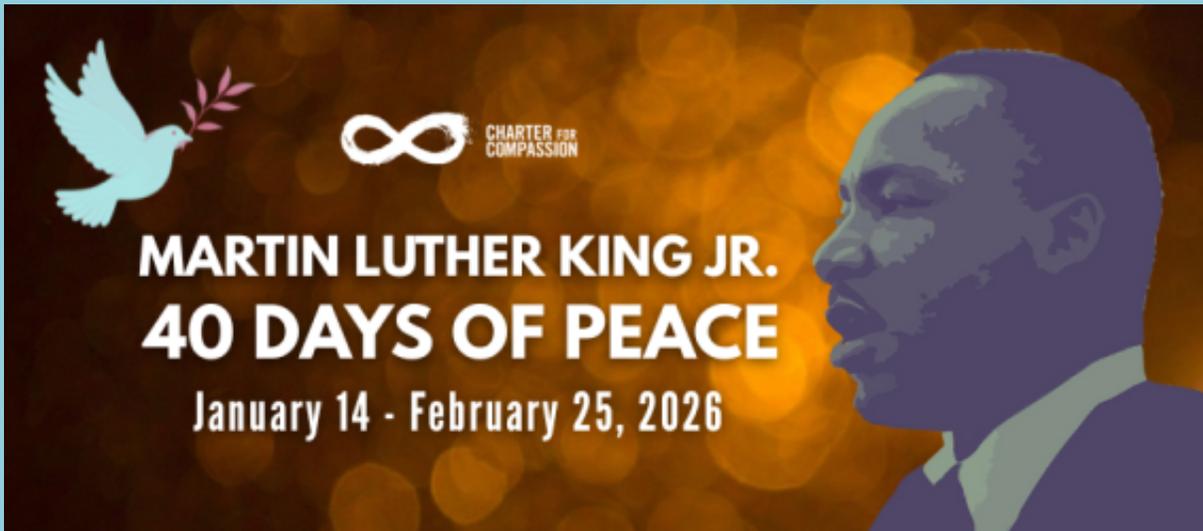
Watch or listen to the latest episode of "With Compassion" with special guest Satish Kumar!

In this enlightening conversation, Satish Kumar shares his profound insights on nonviolence, love, and the interconnectedness of humanity. He reflects on his journey as a peace pilgrim, emphasizing the importance of compassion in addressing global conflicts.

Kumar advocates for grassroots movements and the need for a shift in

education and economic systems to foster a more equitable and sustainable world. He encourages listeners to embrace diversity and actively participate in creating positive change, highlighting the power of hope and community engagement.

Watch/listen to the latest episode with Satish Kumar Here!



Martin Luther King Jr. 40 Days of Peace

As it is now tradition at the Charter for Compassion, we begin 2026 with our special programming inspired by the legacy left by Dr. Martin Luther King Jr. for our 40 days of peace, beginning on Jan. 14 until February 25.

Ongoing Events you can still join

January 15 to February 23 - [Feast for the Soul](#)

February 3 for 7 weeks - [Harriet Tubman's 'A Way Out of No Way' Workshop with Dr. Janus Adams](#)

February Events

February 18 - [TLC: Training for Local Bridge Builders](#)

February 25 - [Harmony of Humanity: Some Things To Think About](#)

Check out the rest of this year's offerings here



Cognitive Based Compassion Training (CBCT)

Compassion U™ is a virtual way to learn CBCT© (Cognitively Based Compassion Training), a program developed at Emory University in 2005, to cultivate compassion and emotional well-being in adults.

Supported by decades of research, the CBCT program includes self-paced sessions in Compassion U and a weekly live group session with a trained CBCT Instructor to support you to:

- Strengthen Attention
- Regulate Emotions
- Sustain Compassion for Yourself and Everyone You Meet!

CBCT is already transforming the fields of healthcare, mental health, education, and business. Whether for personal healing, professional development, or a more just world, CBCT equips individuals with the tools to flourish.

Registration closes on Feb 18 for one cohort, and February 20 for the following cohort.

[Learn more about this journey toward compassion here](#)

News, Programs, and Webinars



Harmony of Humanity: Exploring Common Ground Through Music with Marilyn Turkovich

Every Wednesday
8am PST / 9am MST / 10am CST / 11am EST / 4pm GMT / 5pm CET / 6pm SAST / 9:30pm IST

Music has been an integral part of every culture throughout history, reflecting the unique characteristics and traditions of different societies. From the rhythmic beats of African drums to the intricate melodies of Indian ragas, music provides insight into the lives, histories, and identities of people around the world.

By studying various musical traditions, we gain a deeper appreciation for the diversity and richness of global cultures.

[Register For Series 4 Here!](#)

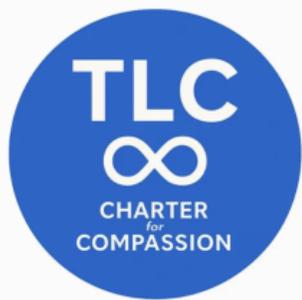


Kitchen Table Chat with the Health Pillar

Friday, March 6
8:30am PST / 9:30am MST / 10:30am CST / 11:30am EST / 4:30pm GMT / 5:30pm CET / 6:30pm SAST / 10pm IST

Every First Friday of the month, the Health sector invites everyone to join and share what's happening with friends in our work to elevate compassion in Health.

[Learn More & Register Here](#)



TLC: Training for Local Bridge-Builders

Wednesday, February 18
9am PST / 10am MST / 11am CST / 12pm EST / 5pm GMT / 6pm CET / 7pm SAST / 10.30pm IST

TLC: Training for Local Bridge Builders, developed by **Compassionate Communities UK**, is a 90-minute interactive workshop designed to equip everyday citizens with practical tools to become **connectors, bridge builders, and catalysts for kindness** in their communities.

This training recognizes a simple truth: communities thrive when people know how to find one another, listen well, and act with compassion—especially in times of challenge.

[Learn More & Register Here](#)



EdNet Forum: Championing Thriving You Deserve with Craig Aarons-Martin

February 19
7:30am PST / 8:30am MST / 9:30am CST / 10:30am EST / 3:30pm GMT / 4:30pm CET / 5:30pm SAST / 9pm IST

Prepare to embark on an inspiring journey designed specifically for those at the forefront of educational innovation: teacher leaders, school leaders, performing arts influencers, mindfulness mentors, and student support advocates. This is not just a workshop—it's a communal beacon of inspiration and action for those sculpting the future of education.

[Learn More & Register Here](#)



Global Taskforce for Youth Combatants

Building New Cycles of Peace: Centering Former Combatants as Agents of Peace

Wednesday, February 25
7am PST / 8am MST / 9am CST / 10am EST
/ 3pm GMT / 4pm CET / 5pm SAST / 8.30pm IST

This co-hosted event by **GTU** and Charter for Compassion aims to shed light on the unique potential of youth combatants with lived experience of armed conflict through a dialogue. By amplifying their voices and fostering genuine dialogue, we aim to raise awareness of their critical roles in peace building.

Listening to their experiences is essential to deepening global discussions on their rights, as well as on the support needed for their reintegration and empowerment as Agents of Peace.

[Learn More & Register Here](#)



Compassion Circle: The Charter Sangha

Saturday, February 28
9am PST / 10am MST / 11am CST / 12pm EST
/ 5pm GMT / 6pm CET / 7pm SAST / 10.30pm IST

On the last Saturday of every month, the Charter for Compassion offers a 90-minute practice of people coming together to be in a Circle, a Sangha.

[Learn More & Register Here](#)



Embodied Presence Course with Eckhart Tolle and Kim Eng

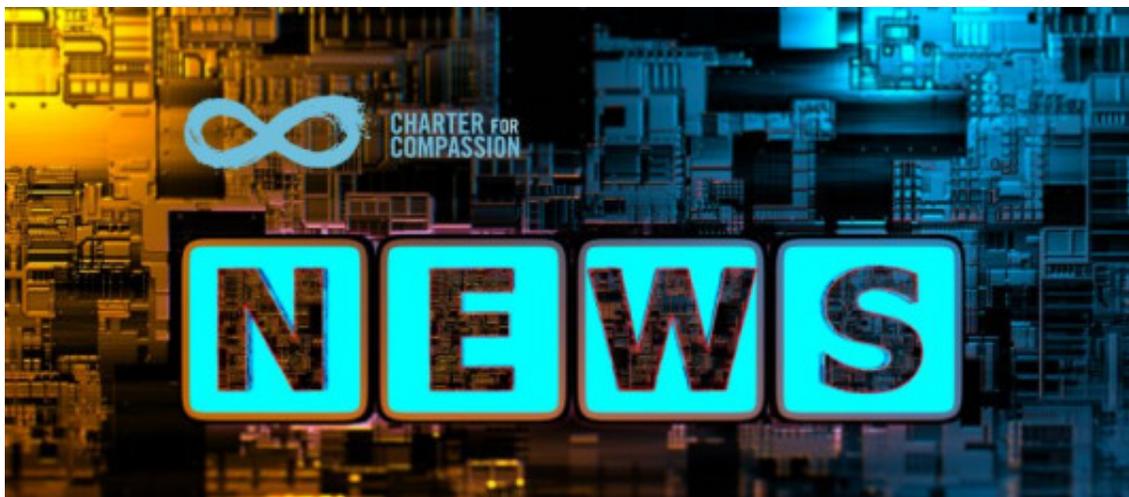
Embodied Presence is a **self-paced online video course** offering an introduction to Eckhart Tolle’s timeless teachings—presented in a way that is accessible, practical, and deeply relevant to modern life.

This course invites you to step into the power of presence—living with greater awareness, compassion, and inner strength. You may choose to engage individually or within small groups, making it ideal for personal growth, community circles, or study gatherings.

The program unfolds over eight modules. While you can move at your own pace, we recommend completing one module per week for the most enriching experience.

This program is offered by the Charter for Compassion in partnership with the Eckhart Tolle Foundation, a global coalition working to build a just, compassionate, and sustainable world.

[Learn More & Register Here](#)



Have you checked out our news section yet?

We share our global members/partners' meaningful

updates in the News section of our website

This week, we highlight three pieces that speak directly to the moment we are living in:

First, we share the opening speech from International Olympic Committee President Kirsty Coventry. Her words offer a powerful public-language expression of shared humanity — one that resonates deeply with the [Charter for Compassion's Compassion 2.0 vision](#) and its seven pillars. In a global gathering centered on excellence and competition, she reminds us that our deeper purpose is connection.

Second, *Wake Up America* is a heartfelt reflection responding to what our Healthcare Pillar co-lead, Stephanie Paulmeno, describes as the “dismantling of our democracy.” It gives voice to emotions many are struggling to name — grief, confusion, and moral urgency — and calls us toward responsible citizenship grounded in compassion.

Finally, Beth Tyson — childhood trauma specialist and member of the Charter's Healthcare Pillar — offers guidance for those who are physically safe yet emotionally overwhelmed by the state of the world. Her article provides practical ways to stay grounded, care for our nervous systems, and remain present without becoming numb or consumed.

Together, these three stories form a continuum: global vision, civic responsibility, and personal resilience — the inner and outer work of compassion in our time.

[Check out our News Section Here!](#)

From our Partners

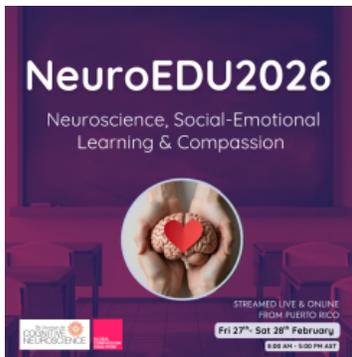


Thrive Conference coming up on March 4-5!

Thrive 2026 is the essential virtual summit empowering cross-sector leaders to forge practical solutions for democratic resilience.

Join us to gain actionable skills, build global partnerships, and drive real-world impact in strengthening democracy.

[Learn More & Register Here](#)

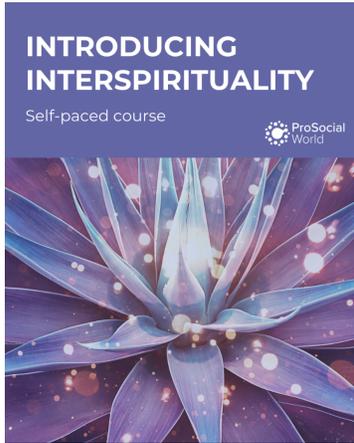


NeuroEDU2026: Neuroscience, Social-Emotional Learning & Compassion

Connecting the Brain and the Heart in Education

We are thrilled to partner with the Global Compassion Coalition for NeuroEDU2026. This visionary conference explores the science of compassion in schools with experts like Rick Hanson and Chris Germer. It is entirely online and free to attend.

[Learn More and Register Here](#)



New Virtual, Self-Paced Course: Introducing Interspirituality with ProSocial Spirituality

Are you seeking a deeper spiritual connection?

ProSocial Spirituality blends scientific wisdom with spiritual traditions to create meaningful transformation. Start your journey on your own time with our introductory self-paced course. This course explores Wayne Teasdale's Nine Elements of Universal Spirituality, providing a self-paced journey for personal growth and inner transformation.

[Learn More and Register Here](#)

If you are a Partner organization, or belong to a registered Compassionate City/Community with us, and want to promote your events in The Spark, the Charter for Compassion's newsletter, email contact@charterforcompassion.org



WATCH CHARTER LIVE WITH FELIPE

EVERY THURSDAY AT

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

ON OUR SOCIAL MEDIA CHANNELS



If you'd like to be featured in the LIVE show, email felipe@charterforcompassion.org

Featured items on the Store



Compassion Sticker

US\$4

These stickers are printed on durable, high opacity adhesive vinyl which makes them perfect for regular use, as well as for covering other stickers or paint.

[Shop Stickers](#)



Compassion Water Bottle

US\$25

This 17-ounce, double-walled stainless steel water bottle is perfect for your daily outings. It features an odor- and leak-proof cap and Compassion in rainbow colors as design.

[Shop Bottles](#)



community of mindful families



COMPASSIONATE LAS VEGAS

Charter for Compassion, 2025



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