

# National Day of Compassion

21 September 2022



CHARTER FOR  
COMPASSION  
AUSTRALIA

DEEP DREAMING AUSTRALIA: A CONTINENT FOR COMPASSION



# THE THEME FOR THE 2022 NATIONAL DAY IS DEEP LISTENING. TODAY YOU CAN LEARN AND PRACTICE DEEP LISTENING BY:

## 1. DEEP LISTENING TO OUR LIVE EVENT - page 4

This National Day will begin with a Live Event featuring national and international speakers including the ACC Ambassador - Hugh Mackay, AO; ACC Indigenous Advisor - Al Harris; ACC National Lead - Dr Lynne Reeder; Indigenous Speaker - Uncle Shane Charles - Global Speaker - Dr Rick Hanson

## 2. DEEP LISTENING TO DEEP THINKERS - page 6

Throughout the day you can listen to invited Australian and International thinkers, speak about what deep listening is and what it means across a range of areas including in palliative care, diplomacy, education, peace, youth, politics, environment, health care, music, contemplation among others. These video discussions were specifically recorded for the 2022 National Day around the theme of Deep Listening and will be streamed throughout this day on the global Charter for Compassions' FB page.

## 3. DEEP LISTENING TO OTHERS - page 8

Deep Listening Experiences - selected libraries across Australia will be running sessions for you to participate in an experience of deep listening.

Chocolate and Coffee Break - offers an online experience of connection and deep listening. Discover how easy it is to create an opportunity to build compassion. Bring your favourite chocolate and cuppa and be ready to enjoy connections of deep listening.

## 4. DEEP LISTENING TO NATURE - page 10

The Australian Conservation Foundation is offering you an opportunity to take part in the platy-project by helping researchers understand more about this almost silent and elusive animal, and how we can better protect it.

## 5. DEEP LISTENING TO MUSIC AND SOUNDS - page 12

Lior and Nigel Westlake are in concert with the MSO on 29 September with the beautiful song cycle Compassion to express the wisdom of compassion through contemporary and classical music told in song and symphony. If you can't get to Melbourne for this concert, take time to listen to a beautiful excerpt from the concert or a range of other engaging sounds.

## 6. DEEP LISTENING TO FRIENDS AND FAMILY - page 15

Throughout this National Day, the ACC encourages you to take time to offer your friends and family members the gift of your deep listening. Please consider starting a conversation with your friends and family that is generous, empathic, non-judgmental and trusting.

## 7. LEARNING TO DEEP LISTEN - page 16

Be inspired to be a better listener by doing the four-week Compassionate Listening course that commences on this National Day.

# One - DEEP LISTENING TO OUR LIVE EVENT

Each year on 21 September the Australian Compassion Council (ACC) organises a national day that offers the opportunity to join them in Deep Dreaming Australia A Continent for Compassion.

The theme for this year is *Deep Listening* – because if we are to survive in these turbulent times then we must become better at speaking and listening compassionately across our national and global diversity.



Our Live Event will start the National Day from  
8am to 9am on Wednesday, 21 September 2022 (AEST)

This Live Event features national and international speakers including:

**ACC Indigenous Advisor Al Harris** – is from the Noongar tribe of Western Australia and with his sons, he uses many aspects of Aboriginal culture, including dance, music, song, art and history to bring Indigenous people into the hearts and minds of their audiences. Al has performed the traditional songs of his homelands and has shared the stage with the likes of U2 and performed for the Dalai Lama and Nelson Mandela.

**ACC Ambassador Hugh Mackay, AO** – is a social researcher, psychologist, and bestselling author of 22 books, including *The Good Life*, *The Art of Belonging* and his latest book is entitled *The Kindness Revolution*. He is a former deputy chairman of the Australia Council.

**Indigenous Speaker Uncle Shane Charles** – is a proud Yorta Yorta, Wurundjeri and Boon Wurrung man who has worked in the education, justice and cultural heritage sectors, an academic, government advisor. He also Co-Chairs the Aboriginal Studies at La Trobe University and is the Co-Chair of Victoria Reconciliation.

**ACC National Lead Dr Lynne Reeder** – is an Adjunct Research Fellow at Federation University Australia where she researches the science of empathy and compassion. She is Founder of the Mindful Futures Network and the Global Coordinator of the Science and Research Sector of the Charter for Compassion.

**Global Speaker Dr Rick Hanson** – is a psychologist, New York Times bestselling author, and founder of the Global Compassion Coalition. Dr Hanson is also a Senior Fellow of UC Berkeley's Greater Good Science Center and his seven books have been translated into 30 languages, with over a million copies in English alone.

Register here to join the Live Event (this session will be recorded)

[https://charterforcompassion.org/index.php?option=com\\_civicrm&task=civicrm/event/info&Itemid=10479&id=122](https://charterforcompassion.org/index.php?option=com_civicrm&task=civicrm/event/info&Itemid=10479&id=122)

# Two - DEEP LISTENING TO DEEP THINKERS

Throughout the day you can listen to video discussions of invited Australian and International guests speak about what deep listening is and what it means across a range of areas including in palliative care, diplomacy, education, peace, youth, politics, environment, leadership and others. These video discussions were specifically recorded for the 2022 National Day around the theme of Deep Listening.



## SPEAKERS INCLUDE:

- Hugh Mackay, AO - Deep Listening - What is it? and Why We Don't do it Well?
- Jess Abrahams - Deep Listening as a Nature Campaigner

- Andrea Putting - Deep Listening in Coffee and Chocolate Breaks
- Terry Ayling - Deep Listening in Spiritual Care
- Suzy Nethercott-Watson - Deep Listening to Wildlife
- Fyerfly - Deep Listening and Music
- Christine Ball - Deep listening in Crisis
- Dr Roger Cole (NSW) - Deep Listening Towards the End of Life
- Ute Coleman (WA) - Deep Listening to Heal
- Dr Petrina Barson - Deep Listening for a Compassionate Society
- Leigh Gassner - Deep Listening in Leadership
- Tom Boerman - Deep Listening While Walking the World
- Deirdre Hanna - Deep Listening to the Grief of Children

## 21 SEPTEMBER IS ALSO THE INTERNATIONAL DAY OF PEACE, AND THIS DAY WILL RECOGNISE DEEP LISTENING AND PEACE

### SPEAKERS INCLUDE:

- John Hunter - Deep Listening and the World Peace Games
- Lindsay Mell - Deep Listening through Deep Friendship
- Dr John Langmore - Diplomacy and Deep Listening
- Shoshanna Faire - Deep Listening in Circles of Peace and Challenging Conversations
- Dr Thomas Legrand - Deep Listening and the Politics of Being
- Dr Mark Crossweller - The Ethics of Deep Listening
- Ben Lawless & students - Deep Listening in Peace Education



- Dr Kerry Howells - Deep Listening on World Gratitude Day
- Rev Heng Sure - Deep Listening in Meditation
- Cr Glenn Tozer - Deep Listening in our Cities
- Ursula Skjonnemand - *Deep Listening in a Flood of Emotions*

You can listen to these discussions on the global Charter for Compassions' FB page - they will be streamed throughout this day on: <https://www.facebook.com/CharterforCompassion/>

# Three - DEEP LISTENING TO OTHERS



Australian Library and Information Association



## DEEP LISTENING EXPERIENCES IN LIBRARIES

The Australian Library Information Association is collaborating with the Australian Charter for Compassion to run Deep Listening experiences on the National Day of Compassion. The Global Charter for Compassion is an international network connecting organisations and leaders around the world with a shared vision of living a more compassionate way of life.

Please join ALIA and the ACC in *Deep Dreaming Australia: A Continent for Compassion* on Wednesday, 21 September by considering running a Deep Listening Experience in your library. For more information contact Liz Bradtke, Communications Manager, ALIA, ph. (02) 6215 8221 or Liz.Bradtke@alia.org.au.

## CHOCOLATE AND COFFEE BREAK – JOIN AN ONLINE DISCUSSION AT 2PM ON 21 SEPTEMBER 2022

This online session will offer you an experience of connection and deep listening. Discover how easy it is to create an opportunity to build compassion. Over the last two years, our connections have broken down. Barriers between people and community have been raised. At this Chocolate and Coffee Break, we will explore how sharing in the simple pleasures of life, chocolate, coffee and conversation can break down barriers and build compassion and community. Andrea Putting is the founder of Chocolate and Coffee Day for Religious Harmony and Chocolate and Coffee Breaks. Following the Lindt Café siege people have been coming together to connect with others from different cultures, religions and backgrounds to listen and connect in a way that promotes a safe environment. Share with us on the Day of Compassion in a Chocolate and Coffee Break, where you will discover how easy it is to create an opportunity to build compassion.



Bring your favourite chocolate and cuppa and be ready to enjoy connections and deep listening

Join this Zoom Meeting here -  
<https://us02web.zoom.us/j/87254616548>

(Meeting ID: 872 5461 6548 One tap mobile --+61731853730,,87254616548# Australia +61861193900,,87254616548# Australia Dial by your location - +61 7 3185 3730 Australia 61 8 6119 3900 Australia +61 8 7150 1149 Australia +61 2 8015 6011 Australia +61 3 7018 2005 Australia Meeting ID: 872 5461 6548 Find your local number: <https://us02web.zoom.us/j/87254616548>)

## Four - DEEP LISTENING TO NATURE

- The Australian Conservation Foundation is offering an opportunity to take part in the platy-project that is taking place during the week of the National Day of Compassion. You can help researchers understand more about this almost silent and elusive animal, and how we can better protect it. Platypus numbers are declining, and sadly this unique creature is now at risk of extinction.
- This September the ACF is asking people like you to head down to your local creek or river, find a quiet place on the bank, try to spot a platypus and record what you see.
- It's all part of the platy-project – a citizen-science project brought to you by ACF and the University of New South Wales – that aims to fill the gaps in our understanding of where this elusive animal lives, so that we can better protect it.

**You'll never forget your first platypus encounter. It's a magical moment when this strange and adorable creature emerges from ripples in the water. If you live near a creek or river, find a quiet place on the bank, try to spot a platypus and record what you see.**



**AUSTRALIAN  
CONSERVATION  
FOUNDATION**

Learn more about how you can get involved here:

[https://www.acf.org.au/platy-project?utm\\_medium=email&utm\\_source=acf-signature&utm\\_campaign=platy-project&utm\\_content=platy-email-sig](https://www.acf.org.au/platy-project?utm_medium=email&utm_source=acf-signature&utm_campaign=platy-project&utm_content=platy-email-sig)

### OTHER LISTENING TO NATURE EXPERIENCES

#### How to Listen When Country Speaks

- Richard Swain, or Swainy, is a Wiradjuri man and river guide - <https://www.youtube.com/watch?v=yv7zllJLvl8>

#### Listening to Species Extinction

- Ornithologist Jim Jacobi made a famous recording in 1986 of an individual male Kaua'i 'ō'ō singing one-half of a duet – with no response. We have no way of knowing if this was the very last bird, but it's hard not to listen as if it were – <https://www.facebook.com/watch/?v=652509571845305>
- The Last Call of the Christmas Island Pipistrelle – [shorturl.at/DJY04](https://shorturl.at/DJY04)

# Five - DEEP LISTENING TO MUSIC AND SOUNDS

## A NIGHT OF COMPASSION

Lior and Nigel Westlake co-wrote the beautiful seven-movement song cycle *Compassion* to express the wisdom of compassion through contemporary and classical music told in song and symphony. Lior and Nigel Westlake co-wrote *Compassion* after the tragic death of Westlake's son. Using the strengths of their individual artistry, they express the wisdom of compassion through a meeting of contemporary and classical music told in song and symphony. They are in concert with the MSO on 29 September at 7.30pm more information here: <https://mso.com.au/performance/2022-a-night-of-compassion>

If you can't get to Melbourne for this concert, take time to listen to a beautiful excerpt from the concert - <https://www.youtube.com/watch?v=8Nsta-pykaE>



## CONCERT FOR COMPASSION

*Concert for Compassion* features songs from *Compassion*, a song cycle by Nigel Westlake and Lior, Samuel Barber's beautiful *Adagio* in its original version for string quartet and the Victorian premiere of Federation University Arts Academy Director Richard Chew's post-conflict oratorio *Stari Most*, for orchestra, soprano and baritone soloists and chorus. *Stari Most* is about building bridges in war-torn communities. In this piece of music – an anthem to the healing of a community – the choir, accompanied by operatic soloists and an orchestra of professional musicians, tell the story of the beautiful and historic bridge at Mostar in Bosnia Herzegovina, as it is systematically annihilated and rebuilt. On this International Day of Peace this video telling the story of this concert provides precious time for reflection <https://federation.edu.au/news/articles/the-concert-for-compassion>

## OTHER MUSICAL SOUNDS

### Indigenous Lullabies – ABC Kids Listen

- Wirrumu - The Moon - [https://www.youtube.com/watch?v=t6M8Uk\\_rVJM](https://www.youtube.com/watch?v=t6M8Uk_rVJM)
- Buddy's Lullaby - <https://www.abc.net.au/kidslisten/ideas/culture-and-language/new-indigenous-lullabies/12856122>
- Nabárrdja -The Little Crab - <https://www.abc.net.au/kidslisten/ideas/culture-and-language/new-indigenous-lullabies/12856122>

### Sounds of Silence

- Simon and Garfunkel - <https://www.youtube.com/watch?v=NAEppFUWlfc>

### Listening in Space

- Have you ever wondered what a black hole, sounds like? New audio released by NASA reveals the sound created by the cosmic phenomena. <https://www.youtube.com/watch?v=EJwloBqzxPI>





## Six - DEEP LISTENING TO FRIENDS AND FAMILY

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Throughout this National Day, the ACC encourages you to take time to offer your friends and family members the gift of deep listening. Please consider starting a conversation with your friends and family that is generous, empathic, non-judgmental and trusting.

### SOME TIPS FOR DEEP LISTENING

- Deep listening is staying fully present and attentive to someone.
- Listening carefully and attentively to the other person.
- Paying complete attention, not letting other thoughts, such as what you are going to say next, distract you.
  - Be comfortable sitting in silence when the speaker is talking. Instead of interjecting to show you're listening nod occasionally.
  - Consider asking insightful questions about parts that may need clarification. For example, "What do you mean, when you say...?"
  - Restate what you've heard from the conversation instead of reacting. After the speaker is finished, respond with, "If I'm hearing you correctly..." or "Sounds like you're saying..."<sup>1</sup>

<sup>1</sup><https://matterapp.com/blog/how-to-practice-deep-listening-with-your-team>



# Seven - LEARNING TO DEEP LISTEN



An Introduction to Compassionate Listening: Course commences on 21 September 2022 at 11am

Cost: \$45 US - Duration: 4 weeks

**Facilitator: Kathleen Coyne, EdD** – Kathleen holds a Master's degree in Environmental Design and a Doctorate in Educational Leadership and Policy - she has worked for government in Northern Canada, managed a non-profit in Vancouver's inner city and worked extensively as a consultant in the non-profit sector, focusing primarily on creative planning and dialogue for diverse communities.

Date & Time: AEST Australia: Wednesdays September 21, 28, October 5 and 12; 11:00am to 1:00pm.  
NZST New Zealand: Wednesdays September 21, 28, October 5 and 12; 1:00pm to 3:00pm

**This Compassionate Listening course offers** an opportunity to practice radical compassion in our day to day lives. In this experiential course, you will gain powerful tools to help transform conflict into opportunities for understanding, intimacy, healthy relationships, productive teamwork, and positive action. You will begin to imagine the role of compassionate listening in reducing trauma and promoting social justice. In doing so, you will be supported to recognize and honour our profound interconnectedness to each other, our common humanity and the planet we share.

**You will develop skills** to improve communication and foster relationships that honour mutual dignity at home, in the community and in the workplace; nurture your ability to listen to your own heart and that of others; transform conflict and divisiveness into opportunities for understanding, connection, and healing; develop emotional resiliency and support healthy ways of being in the world; and embody compassion as a springboard to social justice.

**This zoom workshop** is highly inspirational, experiential and interactive with numerous breakout sessions. Because of the nature of the personal sharing, it will not be recorded. Consistent attendance is important as we create a circle of mutual support, a community of caring and connection to foster personal growth and integration of the practices. There will be a follow up email message after each session with suggestions for home practice and continued journaling.

*Registrations Now Open*

<https://charterforcompassion.org/introduction-to-compassionate-listening-australia>

# AUSTRALIAN COMPASSION COUNCIL MEMBERS

**Dr Lynne Reeder** – is an Adjunct Research Fellow at Federation University Australia. She completed her PhD at Monash University and now undertakes research into the evidence base of empathy and compassion. She is Founder of the Mindful Futures Network, a network of over 700 people who are interested in applying the evidence base of mindfulness, empathy and compassion within Australian organisations. Dr Reeder is the coordinator of the global Charters' Science and Research Sector, the National Lead of the Australian Compassion Council, and a member of the Compassionate Ballarat Steering Group.

**Terry Ayling** – is a spiritual entrepreneur, consultant, inter-spiritual care practitioner & compassion advocate. He is Facilitator of the 'Compassionate Cities Gold Coast' Initiative, and Creative Director of Spirited Communities. He was a spiritual care practitioner for almost 40 years, in a variety of settings. Terry is committed to the creation and animation of spirited and compassionate communities, with a special interest in compassion in healthcare and compassion at the end-of-life. He is the Council's Lead for its Compassionate Cities initiative.

**Dr Mark Crosweller** – is the Director of Ethical Intelligence and has 35 years of experience as a senior executive, practitioner and policy maker in the areas of crisis, disaster and emergency management, mitigation and resilience. Between 2012 and 2019, he was the Director General of Emergency Management Australia, the Australian Government's lead agency for disaster and emergency management. Mark recently completed his PhD on compassion at the University of Western Australia.

**Dr Debbie Ling** – is a lecturer in the Social Work Department, Monash University and key contributor to the Monash Centre for Consciousness and Contemplative Studies. Debbie is also a member of the Epworth Monash Rehabilitation Medicine Research Unit. Debbie's PhD research on compassion produced empirical evidence that the perception of common humanity leads to an increase in compassion in healthcare workers. She also trialled and evaluated a single session compassion training intervention which has been published and has attracted international attention. Debbie is also a senior clinician social worker at Epworth HealthCare, an Accredited Mental Health Social Worker in private practice and sits on the Australia21 Mindful Futures Network Advisory Group.

**Dr Sue Sumskis** – is Head of Health and Social Wellbeing Programs at the Nan Tien Institute of Higher Education. Sue is a credentialed mental health nurse who focuses on education in compassion, contemplation and ethics for health care professionals. Sue is researching the impact of a contemplative education on the development of student compassion and is also supervising PhD students who are researching the effects of compassion based higher education on student personal development. Sue delivers compassion based continuing professional education for the purpose of reducing burnout and empathic distress in health professionals and for facilitating self-care.

**Gwen Pinnington** – is the Director of Gwen Pinnington Consulting & Coaching, and has over 20 years of experience in leadership, coaching, change & transformation, personal and organisational effectiveness. Gwen is a certified facilitator of Compassionate Integrity Training and co-creator of Compassionship – Compassion Based Leadership TM (a framework and practice for conscious shared leadership and effectiveness). Gwen works with individuals and teams across all sectors and industries and connects people with their highest selves and each other through shared humanity and compassion. Gwen is committed to reducing the suffering in workplaces and increasing wellbeing and consciousness so that individuals, cultures and communities can thrive.

# THANK YOU TO OUR ACC 2022 NATIONAL DAY PARTNERS

- Australian Library and Information Association
  - Australian Conservation Foundation
    - Coffee and Chocolate Breaks
  - Creators of Peace–Circles of Peace
    - Compassionate Ballarat
    - Compassionate Gold Coast
    - Federation University Australia
  - Global Charter for Compassion
    - Initiatives of Change
    - Lawless Learning
    - Let's Talk Peace Ballarat
- Monash Centre for Consciousness and Contemplative Studies
- Multifaith Advisory + Action Group (MAAG) Gold Coast
  - Nan Tien Institute
    - Raising Peace
  - Sydney Sacred Music Festival
    - Think Equal Australia
  - URI (United Religions Initiative)
    - Unity Earth
    - Western Creation
    - World Peace Games

[www.charterforcompassion.com.au](http://www.charterforcompassion.com.au)