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Hello dear community,

So often we feel we must make a choice: tend to ourselves, or tend to others. The very language of “self-care” and “care for others” seems to pull us apart, as if our hearts had to constantly struggle with competing demands. But what if the heart is not divided? What if caring for ourselves and caring for others were movements of the same current?

Jordan Quaglia - Professor at Naropa University and GCC Founding Supporter and Compassion Scholar - offers us a simple yet radical reframing of this dynamic in his insightful book [From Self-Care to We-Care: The New Science of Mindful Boundaries and Caring from an Undivided Heart](#): the recognition that self and other are not opposing poles but partners in a seamless flow of compassion.

Just as the breath effortlessly alternates between in-breath and out-breath, so too does genuine care nourish both the giver and the receiver. To care for another is to enliven our own heart; to care for ourselves is to keep the flame alive that warms the world.

This is the wisdom in Dalai Lama’s timeless advice: “If you want others to be happy, practice compassion. If you want to be happy, practice compassion.”
Here’s to cultivating an undivided heart!

To bring this spirit into our bodies and our day, let’s try a simple practice from [Jordan Quaglia’s book](#):

Let's Practice!

Close your eyes for a moment. Place a hand over your heart.

As you breathe in, imagine drawing care into yourself—nourishing your body, mind, and spirit.

As you breathe out, imagine offering care to someone you love, or to the wider world.

Now soften the distinction: notice that the same breath that sustains you also connects you to others. Feel the flow of care as one continuous current—moving through you, moving outward, returning again.

Good News: A Rising Tide of Inclusion



Credit: Rising Tide Car Wash, via Facebook

Ten years ago, a Florida father named John D'Eri dreamed of creating a place where his son Andrew, who is on the autism spectrum, could find dignity, purpose, and community. [That dream became Rising Tide Car Wash.](#)

What began as one small car wash has blossomed into a thriving social enterprise with four locations, employing nearly 90 people with autism—and showing the world a different vision of inclusion.

As reported by [Good News Network](#), at Rising Tide employees are supported to shine through clear structures, hands-on training, and a belief in their unique strengths. The result is not only steady jobs but genuine pride, connection, and joy. What started as one family's hope has become a beacon for communities everywhere: when workplaces center compassion and possibility, everyone rises.

Save the Date: Festival of Compassion – Come Home



From September 10–12, 2025, we will gather in Cape Town, South Africa—and online—for the first-ever **Festival of Compassion**, a global homecoming to self, community, and planet. Over three days, artists, activists, spiritual leaders, and change-makers will come together to reflect, connect, and co-create a more compassionate world.

The program unfolds as a journey through **Head, Heart, and Hands**. Day One explores understanding compassion—what has been lost and how we might find our way back. Day Two turns inward to practicing compassion through connection, rituals, and experiential practices. Day Three moves us outward into the world, with living compassion as inspired, collective action. Whether in Cape Town or joining online, you are warmly invited to be part of this shared adventure of love and renewal.

Take a Stand: Global Call for Creative Nonviolence



From **September 21 to October 2, 2025**, join people around the world for [Campaign Nonviolence Action Days](#), a global series of marches, vigils, dialogues, and creative demonstrations held between the International Day of Peace and the International Day of Nonviolence. Last year, thousands of actions took place in schools, faith communities, and public spaces, all highlighting alternatives to war, poverty, racism, and ecological destruction. This September, you're invited to add your voice and creativity to this worldwide chorus, showing what compassion and justice look like when we bring them to life.

A few actionable ideas (suggested by the organizers):

- Organize a safe space for people to share personal experiences related to racial injustice and healing.
- Host a Climate Café to express climate anxiety or grief.
- Do a light projection on a building calling for peace and ceasefires.
- Set up a war abolition table and talk with people about it.
- Or gather your loved ones and dream up your own contribution to this vital enterprise!

Compassion Science: Flexibility + Compassion = Resilience



A breakthrough study published this year in Scientific Reports reveals that [self-compassion and psychological flexibility](#) work in tandem as lasting coping mechanisms that help counteract self-criticism and boost mental well-being over time. Researchers tracked participants across multiple time points and found consistent evidence that those with higher self-compassion and greater psychological adaptability experienced less self-criticism and reported stronger mental health overall.

Why it matters: When we cultivate an attitude of kindness (self-compassion) and openness to change (psychological flexibility), we build enduring resilience and mental well-being.

A Question for You

When you catch yourself being self-critical, what small act of kindness or shift in perspective could help you respond with more compassion and flexibility?

We encourage you to respond by replying to this email, so we can highlight your answer in the following edition. Your voices enrich this space!

Last time, we asked about the power of people coming together, and Karen Meyer from Spokane, Washington, offered this uplifting story:

Inspired by the GCC's Compassion Circle idea, Karen was moved to create *Women for Peace*. The group meets monthly to share concerns, explore ways to respond—from writing postcards to striking up conversations with strangers—and to support one another in facing the challenges of the day. Their gatherings weave together compassion stories, dialogue and meditation, leaving members feeling heard, and encouraged to give back to their community.

May each of us find ways, large or small, to let our own actions ripple outward in kindness, joining the larger current of care that sustains us all.

With a seamless heart,

Fabiana Fondevila
Editor, *Coming Home*



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