



## Beyond Me: Practices for Expanding Compassion

*David T Weibel*

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# **Beyond Me: Practices for Expanding Compassion**

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## **Beyond Me: Practices for Expanding Compassion** David T Weibel

Beyond Me is a field manual for explorers aiming to realize satisfaction and build a global civilization. It synthesizes ancient wisdom and modern science to explain how the egocentric self is as useful as the anchor on a boat, and then reveal a path to transcend suffering, discover purpose, and possibly ensure that our fellow humans can thrive here for another millennium. These practices are not easy, but potential side effects include wisdom and joy.

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