



Day 46

Beloved Peacekeepers,
We end our interpersonal journey with/in compassion.....

Today's Principle, Today's Practice - COMPASSION

Mother Teresa implored us to "find someone who thinks he is alone and let him know that he is not." Today, do as Mother Teresa suggests

Compassion - Latin "...to feel with....identify with"
Hebrew "feeling that comes from the depth (womb or bowels) of Life"

Ask yourself: How does compassion differ from sympathy? When was the last time you witnessed an expression of compassion? What is the distinction between compassion as a feeling versus compassion as a practice? Some people are naturally compassionate - do you think others can learn it? If you are compassionate, how do you know it and when did you first discover it? What is required of you in order to experience compassion for yourself? for others? Can you be compassionate and angry/hurt/upset at the same time - explain. How does the principle of compassion fit into the practice of nonviolence? into a culture of nonviolence.

Activity - Use watercolors to describe and capture the essence of compassion. What opportunity do you have to practice compassion today - be specific - do it - what did you do, how did it affect the other person; how did it impact you; what did you learn?

Journal Activity: Journal your thoughts....today, use crayons or color pens - live differently and vibrantly!

Consider this Quotes on Compassion:

Out of compassion I destroy the darkness of their ignorance. From within them I light the lamp of wisdom and dispel all darkness from their lives. - Bhagavad Gita

How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong. Because someday in your life you will have been all of these. - George Washington Carver

It is a man's sympathy with all creatures that truly makes him a man. Until he extends his circle of compassion to all living things, man himself will not find peace.- Albert Schweitzer

It is not until you become a mother that your judgment slowly turns to compassion and understanding. - Erma Bombeck

If you want others to be happy, practice compassion. If you want to be happy, practice compassion - Dalai Lama

Life's most urgent question is, what are you doing for others? Martin Luther King Jr

Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind. - Henry James

Tenderness and kindness are not signs of weakness and despair but manifestations of strength and resolution. - Gibran

In the alchemy of man's soul almost all noble attributes-courage, honor, love, hope, faith, duty, loyalty, and so on-can be transmuted into ruthlessness. Compassion alone stands apart from the continuous traffic between good and evil proceeding within us. Compassion is the antitoxin of the soul: where there is compassion, even the most poisonous impulses remain relatively harmless. Eric Hoffer

Compassion is not sentiment but is making justice and doing works of mercy.
Compassion is not a moral commandment but a flow and overflow of the fullest



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human and divine energies. -- *Matthew Fox*

The whole purpose of religion is to facilitate love and compassion, patience, tolerance, humility, forgiveness. -- *H.H. the Dalai Lama*

Yes - all religions, regardless of name, teaches compassion for all of life.....today, be compassion in all you do!

Blessings,

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