

Wisdom Circle
Circle of Compassion



Quotes and Reflections

A global heart beats with compassion
for the displacement and degradation,
and a global heart is moved with compassion
to make a difference.

Mercy Global Presence: A new vision



“In cultivating compassion,
we draw from the wholeness of our experience – suffering,
our empathy, as well as our cruelty and terror.
Compassion is not a relationship between the healer
and the wounded. It’s a relationship between equals.”

Do I see “compassion” as a relationship between equals?

Pema Chodron, Tibetan Buddhist

Compassion requires a depth of soul,
a connectedness of soul to earth,
an earthiness of person,
and a flow of love from heart to heart.
To evolve toward the fulness of Christ
we must be able to love the weak,
the unlovable, the fragile, and lame.
The Body of Christ becomes one when
we ourselves create bridges of love.

The compassionate person walks across the bridge
into the life of another saying along the way,
“you are not alone, I am with you.

Compassion is another name for community.

It is the mirror of relatedness that accepts
the pain and weakness of another as one’s own.

It is an expression of love that says,

“you belong to me.” Ilia Delio



Our task must be to free ourselves...
by widening our circle of compassion
to embrace all living creatures
and the whole of nature in its beauty.
Nobody can achieve this completely,
but the striving for such achievement
is a part of the liberation
and a foundation for inner security.

Albert Einstein

“There are things the poor prize
more highly than gold,
Though they cost the donor nothing:
The kind word,
The gentle compassionate look,
The patient hearing of sorrows.”

Catherine McAuley



When Things Fall Apart

Having compassion starts and ends with having compassion for all those unwanted parts of ourselves, all those imperfections that we don't even want to look at. Compassion isn't self-improvement project or ideal that we're trying to live up to. In cultivating compassion, we draw from the wholeness of our experience – suffering, our empathy, as well as our cruelty and terror. Compassion is not a relationship between the healer and the wounded. It's a relationship between equals.” Do I see “compassion” as a relationship between equals?

Pema Chodron,

Contribute, Grow, Flourish

The more we give,
the more our lives open to happiness
and so, the more we gain.

Giving need not be about money;
your time and energy are just as valuable, if not more so.
Volunteering to spend time with those who are struggling
in some way is a wonderful way to embrace compassion.

Dani Pirro



Compassion insists that we look “on the heart” the way
the Holy One does:

“The Lord does not see as mortal see;
they look on the outward appearance,
but the Lord looks on the heart”

1 Sam 16: 7



Instead of critically name-calling and voicing disgust or hate,
we remember the core of goodness residing in everyone,
no matter how suppressed that goodness might be.

Joyce Rupp – Boundless



The Spirit of Life

May the Spirit of Life help us to keep our minds
and hearts open to the stories of others.
That the compassion of Jesus might become our compassion,
and, that our fears and misunderstandings might be
transformed.

We pray the blessings of Jesus,
who urged people to gather together to establish the 'reign' of
God
by wholehearted generosity,
by eliminating boundaries between people,
by trust in the goodness of people,
and by working for peace and justice in all human endeavors.
Amen.

Michael Morwood



Listen - Help – Believe

One way to show compassion for others
is to try influencing them positively
with an optimistic and caring outlook.

You might not be able to change
the facts of their situation,
but your loving attitude will help them bear it,
and you might even be able to show them
where a silver lining is hiding.

Dani Pirro



“Compassion hurts When you feel connected to everything
you also feel responsible for everything.

And you cannot turn away.

Your destiny is bound with the destinies of others.

You must either learn to carry the Universe
or be crushed by it.

You must grow strong enough to love the world,
yet empty enough to sit down at the same table with its worst
horrors.”

Andrew Boyd

Spiritual Self: Focus on the center of your being,

he essence and core of who you are, your deep self.

Here Divine Light resides.

Open and allow yourself to be enveloped by this Great Love.

You are welcomed with total acceptance.

Receive the kindness of this beloved.

Being and sense your deepest self being embraced with
compassion.

“Love and compassion are necessities,
not luxuries. Without them, humanity cannot survive.”

Dali Lama XIV,



The Art of Happiness

Awareness. Attitude. Action.

These three essentials comprise the movement of compassion.

While much of the world's suffering is observable, a portion
lies tightly concealed.

Unless we become aware of suffering, we cannot respond to it
compassionately.

Boundless Compassion, Joyce Rupp



If only we can overcome cruelty, to human and animal, with
love and compassion,
we shall stand at the threshold of a new era in human, moral
and spiritual evolution – and realize,
at last, our most unique quality: humanity.

Jane Goodall

Do I view “compassion” as a human, moral and spiritual
evolution?

Self-compassion allows me to sit quietly
with gentleness and care.
With gentle breathing,
I am able to cool my mind
and heart with these gentle phrases.

May I hold myself with tenderness and care.
May I offer compassion to my mind and heart.
May my mind be settled and healed of all wounds.
May I be free.

Radhule Weininger

Compassionate One,
you hear the cries of the world,
we are grateful to you for showing us
how to be with those who suffer.
Thank You for your bountiful kindness
offered to our world through people of selfless endeavor.
How grateful we are that we can join them
in being your loving heart and hands.
We go forth with expanded gratitude
and renewed inspiration
to be a compassionate presence



Amen.

Creed of Compassion

I believe that the sun drawing green into tiny leaves is much like the Spirit of Love drawing forth compassion from within me.

I believe the call to be a loving presence is a privilege and a gift, that the seed of compassionate presence dwelling in the soil of my heart waits to be nurtured and brought into life.

I believe that compassion has often been planted in my life because of another who nurtured and grew the seed of kindness and shared that harvest with me.



I believe that great things come from the tiniest seed of compassion if I plant the seed with generous love and carefully tend it.

I believe that trust and hope are essential in growing the seed of compassion because I may not know what sprouts and grows in the hidden soil of my loving-kindness.

I believe it takes much patience to grow a seed of compassion, to allow it to take root and develop in its own good time and in its own way.

I believe in the Sower of Compassion, in the Great Love who nurtures and sustains the growing process in every caring heart of compassion.



Those with compassion enter another's experience and are moved to respond. They engage with poor, vulnerable and disadvantaged people of our world.

Compassion asks us to go where it hurts, to enter places of pain, to share in brokenness, fear, confusion, and anguish.

Compassion challenges us to cry out with those in misery, to mourn with those who are lonely, to weep with those in tears.

Compassion requires us to be weak with the weak, vulnerable with the vulnerable, and powerless with the powerless.

Compassion means full immersion in the condition of being human.

D. McNeill, D. Morrison and H. Nouwen



Courage and Compassion

Ponder where your courage and compassion reside.

Pray for these virtues to be fortified.

I pray to have the courage and compassion to:

Be faithful to a spiritual practice even when constant duties lure me away from it.

Resist a response that blames an underprivileged group for the injustice they experience.

Change my biases, prejudices, and baseless views about other religious beliefs.

Recover self-worth after being maligned by another's harsh treatment.

Go beyond mere acceptance and enter relationship with people of diversity.

Speak up for those who do not have the power or means to speak for themselves.

Cultivate a spirit of gratitude and eliminate entitlement from my expectations.

Accept my deficiencies and allow them to teach me about being compassionate.

Focus my wandering mind and listen with full attentiveness to others.

Prayer Seeds - Joyce Rupp

Our compassionate actions do
not have to be enormous projects.
Daily acts of kindness, considerate understanding,
and spontaneous generosity may not appear to
have a great effort,
and yet they have the power to ease the pain of negativity
and cradle a buoyancy in another's heart.

Joyce Rupp



Compassion is not just feeling with someone,
but seeking to change the situation
Frequently people think compassion and love
are merely sentimental.
No! They are very demanding.
If you are going to be compassionate
be prepared for action.

Desmond Tutu

“Use your voice for kindness,
your ears for compassion,
your hands for charity,
your mind for truth,
and your heart for love.”

Anonymous



“Compassion is at the heart
of every little thing we do.
It is the dearest quality we possess.
Yet all too often it can be cast aside with
consequences too tragic to speak of.
To lose our compassion,
we lose what it is to be human.”

Anonymous