



# From the Spiritual Strategies of Dr. Wendel Dandridge

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## The Universal Language of Compassion

### Insights from Diverse Beliefs

#### Introduction:

Compassion is a fundamental value in nearly every spiritual tradition, emphasizing love and care for others. For example, Buddhism teaches Metta (loving-kindness), Christianity emphasizes “Love your neighbor as yourself” (Mark 12:31), and Islam highlights Rahma (mercy), with one of God’s names being Ar-Rahman, “The Most Merciful.” Compassion fosters empathy, understanding, and unity across faiths.

#### Discussion Points:

1. How does your faith define compassion?
2. Share examples of compassion demonstrated in your community.
3. How do teachings about compassion encourage action rather than just belief?

#### References:

- Buddhism: “Hatred does not cease by hatred, but only by love; this is the eternal rule.” — Dhammapada 5
- Christianity: The Parable of the Good Samaritan (Luke 10:25-37)
- Islam: “And We have not sent you [O Muhammad], except as a mercy to the worlds.” — Quran 21:107

#### Reflection Activity:

Create a “Compassion in Action” plan as a group. List small, tangible ways members can practice compassion in their daily lives or as a group project, such as helping a local shelter or organizing a charity drive.

