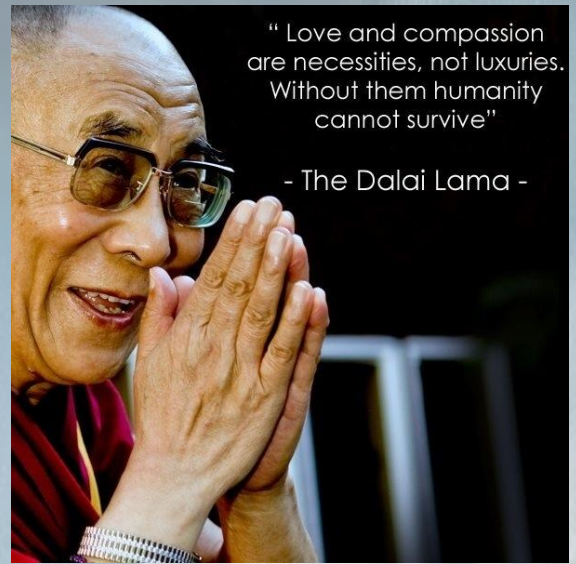


Compassion

Changes us before our eyes.

As part of a compassionate lifestyle, we:

- ❖ Let go of judgment of self and others
- ❖ Are accepting of self and others
- ❖ Appreciate that feelings "just are" without judgement. Like surfers, we patiently watch with mindful consideration, curiously exploring the core of our feelings before choosing to ride the wave or contentedly watch it pass
- ❖ Gently offer assistance in difficult situations - we know that we are all connected and we seek to be a Blessing
- ❖ Practice sympathetic, focused, ACTIVE listening
- ❖ Strive for Balance and Temperance (emotional sobriety), choosing Self Control and Love over anger and aggression
- ❖ Patiently maintain a harmonious, peaceful atmosphere



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

- The Dalai Lama -



"If your compassion does not include yourself, it is incomplete."
- Siddhārtha Gautama

"Compassion brings us to a stop, and for a moment we rise above ourselves."

Mason Cooley



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