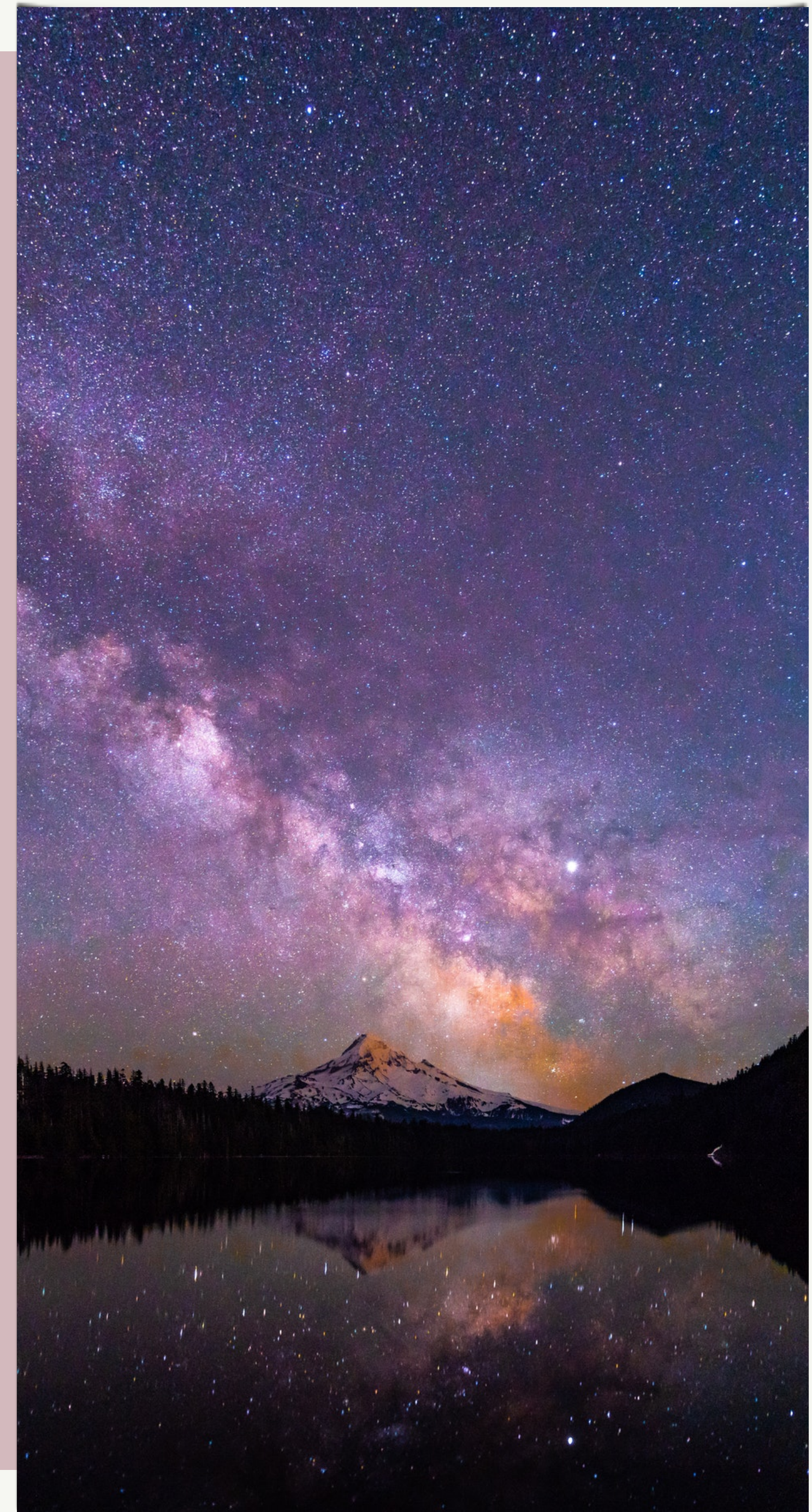


Compassion and Empathy

O Lord! Verily, we are weak, but Thou art mighty. Verily, we are poor, but Thou art rich. We are the seekers, and Thou art the One sought. O Lord! Have compassion upon us and forgive us; bestow upon us such capacity and receptiveness that we may be worthy of Thy favors and become attracted to Thy kingdom, that we may drink deep of the water of life, may be enkindled by the fire of Thy love, and be resuscitated through the breaths of the Holy Spirit in this radiant century.

O God, my God! Cast upon this gathering the glances of Thy loving-kindness. Keep safe each and all in Thy custody and under Thy protection. Send down upon these souls Thy heavenly blessings. Immerse them in the ocean of Thy mercy and quicken them through the breaths of the Holy Spirit. —‘Abdu’l-Bahá



All men have been created to carry forward an ever-advancing civilization... Those virtues that befit his dignity are forbearance, mercy, compassion and loving-kindness towards all the peoples and kindreds of the earth.—Bahá'u'lláh

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience.—Colossians 3:12

The Kingdom of God is founded upon equity and justice, and also upon mercy, compassion, and kindness to every living soul. Strive ye then with all your heart to treat compassionately all humankind.—‘Abdu’l-Bahá

If you judge people, you have no time to love them.—Mother Teresa

In separateness lies the world's greatest misery; in compassion lies the world's true strength.— Buddha

The greatness of a community is most accurately measured by the compassionate actions of its members.—Coretta Scott King



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



Each one of us has lived through some devastation, some loneliness... when we look at each other we must say, I understand. I understand how you feel because I have been there myself. We must support each other and empathize with each other because each of us is more alike than we are unlike.—Maya Angelou

Empathy is simply listening, holding space, withholding judgment, emotionally connecting, and communicating that incredibly healing message of you're not alone.—Brene Brown

Learning to stand in somebody else's shoes, to see through their eyes, that's how peace begins... Empathy is a quality of character that can change the world.—Barack Obama

Peace cannot be kept by force; it can only be achieved by understanding.

—Albert Einstein



A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.—Albert Einstein

A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.—Amelia Earhart

But if anyone has the world's goods and sees his brother in need, yet closes his heart against him, how does God's love abide in him?—1 John 3:17

Bear ye one another's burdens, and so fulfil the law of Christ.

—Galatians 6:2

If we have no peace, it is because we have forgotten that we belong to each other.—Mother Teresa

Yet, taught by time, my heart has learned to glow for other's good, and melt at other's woe.—Homer

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

—Dalai Lama

Our sorrows and wounds are healed only when we touch them with compassion

—Buddha



The earth is one native land, one home; and all mankind are the children of one Father. God has created them, and they are the recipients of His compassion. Therefore, if anyone offends another, he offends God. It is the wish of our heavenly Father that every heart should rejoice and be filled with happiness, that we should live together in felicity and joy. The obstacle to human happiness is racial or religious prejudice, the competitive struggle for existence and inhumanity toward each other.—‘Abdu’l-Bahá

The path to guidance is one of love and compassion, not of force and coercion. This hath been God’s method in the past, and shall continue to be in the future!—The Bab

When our thoughts are filled with the bitterness of this world, let us turn our eyes to the sweetness of God's compassion and He will send us heavenly calm!

—'Abdu'l-Bahá

