



## Compassion Enhances the Beauty of Selflessness

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I am a kind person, fully capable of loving others. I stir up compassion within me because it is a gift that rewards the giver as much as it rewards the recipient.

My heart rejoices with those who rejoice and mourns with those who mourn. I have the ability to place myself in others' shoes in order to have a clearer understanding of what they are going through.

*Instead of feeling sorry for those who are hurting, I practice compassion by actively turning my empathy into action.* I know that within action is the true key to unlocking mutual understanding and respect. I do more than simply sympathize with others; I tune in more deeply and find ways to do what I can to become part of the solution.

As I focus on helping others, I feel the stress of my own life begin to take less of a hold. The once seemingly insurmountable hurdles before me are reduced to the size of a single step. With this step, I can simply walk over these now smaller hurdles when I recognize the beauty in seeing the needs of others.

This is not to position myself at the lowest rung of the ladder – it is to understand that I already know how to take good care of myself. I understand my own needs well, and will be able to better learn so much more about myself by tuning deeper into others around me.

*Practicing compassion is the antidote to selfishness.* I seize every opportunity to show compassion. I am eager to contribute my time and strength to organizations in need of

volunteers because true joy comes from assisting others. Great gifts are held within the compassionate practice of philanthropy.

Because compassion is my habit, my eyes are open to the needs around me. Instead of only responding when I am asked for help, I go out of my way to offer help when I see a need.

*Today, I choose to pause long enough to notice the hurt someone else is feeling.* I let go of selfishness by taking the necessary steps toward putting my empathy into action.

### Self-Reflection Questions:

1. How do I feel when I help others? Before, during, and after?
2. Is someone around me in need of my help? Have I sensed that they could use some assistance, but held back from taking any steps? If so, why?
3. When was the last time I volunteered my time in service?

