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Acts of
Compassion



Radiate boundless love
toward the entire world—
above, below, and across—
unhindered, without ill will,
without enmity.

From the
Metta Sutta

Grief can be the garden of compassion. If you keep your heart open through everything, your pain can become your greatest ally in your life's search for love and wisdom.

RUMI



Wisdom, compassion, and courage are the three universally recognized moral qualities.

CONFUCIUS



True compassion means not only feeling another's pain but also being moved to help relieve it.

DANIEL GOLEMAN



For me, forgiveness and compassion are always linked: how do we hold people accountable for wrongdoing and yet at the same time remain in touch with their humanity enough to believe in their capacity to be transformed?

BELL HOOKS



Our task must be to free ourselves by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty.

ALBERT EINSTEIN



Compassion will cure more sins than condemnation

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