

## His Holiness the 14<sup>th</sup> Dalai Lama

“Before we can generate compassion and love, it is important to have a clear understanding of what we understand compassion and love to be. In simple terms, compassion and love can be defined as positive thoughts and feelings that give rise to such essential things in life as hope, courage, determination and inner strength. In the Buddhist tradition, compassion and love are seen as two aspects of same thing: compassion is the wish for another being to be free from suffering; love is wanting them to have happiness.”

### Daily Word

Compassion comes naturally to me when I behold the spiritual nature in everyone I meet. Offering myself in loving service to those who need my help, I show kindness and understanding—acknowledging that we are all connected.

I also take time to express compassion for myself. Instead of looking in the mirror and seeing everything I think is wrong, I reaffirm all that is right and good. I am made in the image and likeness of God, and I treat myself as the divine being that I am.

To be compassionate is to express the Christ in me mindfully and with love. I am confident my kindness will have a wondrous effect in the lives that touch mine.

I show compassion through empathy and understanding.