

Exploring Your Inner Self: Why the Virtue of Compassion May Be For You

If you're feeling...

- If you are witnessing racism, sexism, classism,
- Empathy for the pain of the world and for someone close to you
- If you are speaking before thinking
- If your actions are contrary to your words
- If you are judgmental

Then the virtue of compassion might be called for...

- Compassion increases our capacity to care
- Compassion reinforces charity, empathy, and sympathy
- Compassion asks us to reflect before we speak
- Compassion allows us to be considerate of others instead of judging quickly
- Compassion allows us "to walk a mile in another's shoes"
- counters judgment
- enhances caring
- counters racism, ageism, sexism and other "isms"
- reduces ill will towards others
- heals emotional wounds

