

MAY VIRTUE: COMPASSION

Overview of the Virtue of Compassion

Compassion is a feeling deep within ourselves — a "quivering of the heart" — and it is also a way of acting — being affected by the suffering of others and moving on their behalf. Compassion is made up of two words. 'co' meaning together and 'passion' meaning a strong feeling. When we see someone is in distress and we feel their pain as if it were our own, and strive to eliminate or lessen their pain, then this is compassion. Sharing, readiness to give comfort, sympathy, concern and caring - all are manifestations of compassion. You will notice also that in the compassionate person, care and love towards others has its origins in care and love for oneself. We can really understand others when we really understand ourselves.

