Friday Finger Labyrinth Walk February 12, 2021 Theme Compassion led by Kay Mutert

Music and video of heart cave: played for 11-12 minutes and faded out

<https://www.youtube.com/watch?v=Lbq1GSFyUGI> Meditation music. Max Richter - Sleep II

Quotes

May I live this day compassionate of heart, clear in word, gracious in awareness, courageous in thought, generous in love. ~**John O'Donohue**~

Article: The Presence of Compassion An Interview with John O'Donohue By Mary NurrieStearns <https://www.personaltransformation.com/john_odonohue.html>

Compassion can be transmitted through many forms of words and actions. We recognize its energy when we feel that certain swelling in our hearts, for it is the heart that senses compassion. When compassion touches us we feel seen for who we truly are—as more than our troubles, our needs.

Let's begin with a general discussion of compassion in order to deepen our understanding of its nature.

**John O'Donohue**: Compassion distinguishes human presence from all other presence on the earth. The human mind is one of the most gracious gifts of creation. The human mind is the place where nature gathers at its most intense and at its most intimate. The human being is an in-between presence, belonging neither fully to the earth from which she has come, nor to the heavens toward which her mind and spirit aim. In a sense, the human being is the loneliest creature in creation. Paradoxically, the human being also has the greatest possibility for intimacy. I link compassion immediately with intimacy. Compassion is the ability to vitally imagine what it is like to be an other, the force that makes a bridge from the island of one individuality to the island of the other. It is an ability to step outside your own perspective, limitations and ego, and become attentive in a vulnerable, encouraging, critical, and creative way with the hidden world of another person.

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[blessing-in-a-time-of-violence/](https://paintedprayerbook.com/2015/11/16/blessing-in-a-time-of-violence/) ©Jan Richardson

This blessing appears in Jan’s latest book, [The Cure for Sorrow: A Book of Blessings for Times of Grief](http://janrichardson.com/books).

Go to her website to read it in its entirety.

Closing blessing by Joe Elmore:

Where did you come from?  Where did I?

The questions are not about geography,
but sociology, philosophy, and theology.

The answers, when honestly shared, help
bring understanding and acceptance
regarding why we think and act as we do.

Honesty, understanding, and acceptance
open the way for us to work together and
grow together as persons, families, and
communities where compassion is the
primary sign of our being and living.

We don’t need to continue the fear
and alienation within and among us.

We can seek reconciliation and peace!

Joe Elmore, from **GRACEWORD**

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Thich Nhat Hahn quotes on compassion

“Look at flowers, butterflies, trees, and children with the eyes of compassion. Compassion will change your life and make it wonderful.”

“People deal too much with the negative, with what is wrong. Why not try and see positive things, to just touch those things and make them bloom?”

“Waking up this morning, I smile. Twenty-four brand new hours are before me. I vow to live fully in each moment and to look at all beings with eyes of compassion.”

“Walk as if you are kissing the Earth with your feet.”