Chalice Lighting: “Thirsty” by Gregory Pelley

And so we gather, from the ebb and flow of our lives
Thirsty for connection to ourselves
Thirsty for connection to others
Thirsty for connection to the larger life.

As we light this chalice
May all who gather here be filled:
Filled with joy and hope
Filled with compassion and love

Here, may we be filled
So that we may pour ourselves out
into the world.

12 Inspirational Quotes About Compassion

1. “If the backbone of compassion stands that we want all beings to benefit from these practices, then that includes the vast array of wiring and diversity of people that we have in this world.” —Sue Hutton

2. “As research shows, we feel empathy naturally for people who are in the in-group and for not the outgroup, so that’s where the practice of compassion comes in. We cannot just rely on our human instincts to feel compassion, because we live in a world where people have different identities, different worldviews, different cultures and habits. Especially right now with social media creating more divisiveness, actively cultivating compassion becomes really important.” —Shalini Bahl

3. “Compassion is very clear-eyed. It’s not sentimental, it’s very clear-eyed and wise and objective.” —Vidyamala Burch

4. “The goal of meditation is not focus. It’s not calm. Those are avenues. The goal is ultimately to get to present awareness, and then we become aware of how we treat others, the impact we’re having. We can make adjustments in real time where we can expand who we are, expand our compassion, expand our impact on the world.” —Nanea Reeves

5. “The ethics of belonging pushes us to question those narratives that we have created, those cultural narratives, and then also our own idea of self, into then breaking that pattern of not seeing life in everything that is, or every being that is—and then approaching all of our experiential life and all phenomena as our kin.” —Yuria Celidwen

6.“I think when we are really mindful, we can’t help but be compassionate.” —S. Helen Mall

7. “The work of self-compassion is incredibly transformative work. But some people approach it from the perspective of, *I’m going to get these practices and tools that will help me become a better person*. There’s a tinge of self-improvement. In my experience, compassion is not something that we have to strive to get, that we either succeed or fail at. It is a byproduct of resting as ourselves.” —Caverly Morgan

8. “Disconnection is reflected in dehumanization, in disengagement, and in domination—all these ways oppression and traumas pull us out of our connection to ourselves, to humanity…The idea of reconnection is the path.” —Shelly Harrell

9. “If you’re going on a journey with someone, what kind of person do you want to go on a journey with? It’s really hard to

enjoy the journey when there's somebody in the seat beside you heckling you, putting you down, and telling you you're not enough all the time. You'll be a much nicer companion for your journey through life if you're supportive and kind and respectful and encouraging." —Melli O'Brien

10. "Even when we may feel emotionally aroused or disinterested, we can still sit there to listen to others. And by others, I don't only mean other human experiences, but rather the whole natural thing. How do we learn to listen to the world, to the whole living, beautiful mother planet that we inhabit?" —Yuria Celidwen

11. "We can use all kinds of words and feel warm and fuzzy in ourselves—which is a start, to warm our own hearts through practice—but compassion and love have to have a connected quality where we also care about how it's expressed, how it lands, and how it's experienced. It's that distinction between intention and impact. We can have the greatest intentions and the impact can still be harmful." —Shelly Harrell

12. "For me personally, not just mindfulness, but self-compassion equally has been an absolute super power in my life because I can't do anything that I'm doing in this world, I can't share my gifts with the world, if I'm hooked by a voice in my head that that's just like *Everything I do sucks*." —Melli O'Brien

Amber Tucker, Ava Whitney-Coulter, and Siri Myhrom gathered these first twelve quotes.

13. “Compassion is the basis of morality.” — Arthur Schopenhauer

Compassion, according to Arthur Schopenhauer, is not just a virtue but the very foundation of morality itself. It is through compassion that we are able to understand and empathize with the suffering of others, and it is this understanding that drives us to take action and alleviate their pain. Schopenhauer believed that true morality could only be achieved through the practice of compassion, as it is the driving force behind all acts of kindness and selflessness.

14. “If you want others to be happy, practice compassion. If you want to be happy, practice compassion.” — Dalai Lama

The Dalai Lama, a spiritual leader and advocate for peace, emphasizes the reciprocal nature of compassion. He suggests that by practicing compassion towards others, we not only bring happiness and joy to their lives but also cultivate our own happiness. According to the Dalai Lama, compassion is not only a selfless act but also a means of personal fulfillment and inner peace. By extending our compassion to others, we create a positive ripple effect that can transform not only our own lives but also the world around us.

15. “The only way out of the labyrinth of suffering is to forgive.” — John Green

John Green, a contemporary author known for his thought-provoking novels, highlights the transformative power of compassion through forgiveness. In his quote, Green suggests that compassion is not only about understanding and empathizing with the suffering of others but also about finding the strength to forgive. By forgiving others, we release ourselves from the burden of resentment and anger, allowing

us to move forward and find peace within ourselves. Green's quote reminds us that compassion is not only a virtue but also a path towards personal growth and healing.

16. "The true measure of any society can be found in how it treats its most vulnerable members." — Mahatma Gandhi

Mahatma Gandhi, a prominent leader in the Indian independence movement, emphasizes the importance of compassion in evaluating the strength and character of a society. According to Gandhi, a society's true measure lies not in its wealth or power but in how it treats its most vulnerable members. This quote serves as a reminder that compassion is not just a personal virtue but a collective responsibility. It calls upon us to create a society that values and uplifts every individual, especially those who are marginalized or in need.

17. "If you want to change the world, start with yourself." — Nelson Mandela

Nelson Mandela, a renowned anti-apartheid activist and former President of South Africa, highlights the transformative potential of compassion in creating positive change. Mandela's quote suggests that true change begins within ourselves. By cultivating compassion in our own lives, we become agents of change and inspire others to follow suit. Mandela's words remind us that compassion is not just a lofty ideal but a practical tool for transforming ourselves and the world around us.

18. “Compassion is the radicalism of our time.” — the 14th Dalai Lama

The 14th Dalai Lama, a spiritual leader and advocate for peace, challenges conventional notions of radicalism by presenting compassion as the true radical force in our world. In a society often driven by self-interest and competition, the Dalai Lama's quote invites us to embrace compassion as a radical act of defiance against the status quo. By practicing compassion, we challenge the prevailing norms and values that perpetuate suffering and inequality. The Dalai Lama’s quote serves as a powerful reminder that compassion has the potential to revolutionize our world and create a more just and compassionate society.

Nishant Modi gathered these last six quotes, and added his commentary.

Chalice Extinguishing: “It Becomes More” by Amy Zucker Morgenstern

> When we take fire from our chalice, it does not become less.
>
> It becomes more.
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> And so we extinguish our chalice, but we take its light and warmth with us,
>
> multiplying their power by all of our lives,
>
> and sharing it with the world.