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~~The power of self-compassion - part 2 - Heartfulness Magazine~~

Compassion is much more than a state of mind. That's because it has the power to move people to act on behalf of others. Here more than forty, first-person stories by the likes of John F. Kennedy, Jr., Pema Chodron, Barbara Brodsky, Thich Nhat Hanh, Jay Jarvis Masters, Joan Halifax, and Sogyal Rinpoche that demonstrate how compassion can be a dynamic force that achieves concrete consequences.

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~~The Power of Compassion: How to Make~~

~~Do in an Unfair World ...~~

The Power of Compassion. The Power of Compassion Expressed Consciously Can and Does Make A Tremendous Impact On and Difference In The World. The Power of Compassion is a form of power that can and will change the world should we exercise it consciously, intentionally and choose to allow it to

~~Give Yourself a Break: The Power of Self-Compassion~~

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The Power of Compassion: How to Make Do in an Unfair World. By Feryal Dollie.

"A good head and good heart are always a formidable combination. But when you add to that a literate tongue or pen, then you have something very special."

~Nelson Mandela. Ever thought, "Life is so unfair!"

The Power of Compassion | CyberSangha
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That compassion is a learned behavior, and that it can benefit the person providing care, the patient receiving care, and the organization's bottom line in measurable ways; and that compassion, ritual and belief play an outsized role in the healing process, the benefits of which have not yet been fully realized by the healthcare establishment.

"Genuine compassion is based on a clear acceptance or recognition that others, like oneself, want happiness and have the right to overcome suffering. On that basis one develops concern about the welfare of others, irrespective of one's attitude to oneself.

Psychologists are discovering that self-compassion is a useful tool for enhancing performance in a variety of settings, from healthy aging to athletics. I and other researchers have begun focusing... The Power of Compassion. Sympathy looks in and says, "I'm sorry.". Compassion goes in and says, "I'm with you.". Sympathy look in and says, "I would like to help." Compassion goes in and says, "I am here to help." Sympathy says, "I wish I could carry your burden." Compassion says "Cast your burden on me."

The power of compassion Imagine somebody being critical of you, putting you down every day. That can be depressing. What's more, if you do it to yourself over a long period it can cause changes in

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