Journey into Compassion
A Study Series
Homework for Session III
Read Chapters 2 and 3
P 21 - P 43

Longfellow said, "If we could read the secret history of our enemies, we should in each person's life, find sorrow and suffering enough to disarm any hostility."

Activity

Sometime this week find time for the following exercise:
• In a quiet place where you will not be disturbed, picture the suffering of someone you care about. Imagine taking on that suffering in your heart. From this place of compassion, through prayer, send them goodness and healing.
• Now repeat the exercise, picturing someone you dislike or hate. Take on their suffering, and send them goodness and healing.
• Finally, repeat this exercise one more time, calling to mind something that is painful to you. Embrace your pain and then adopt an attitude of compassion for yourself by seeking goodness and healing for yourself.