

CompassionLab Quotes

I believe that man will not merely endure: he will prevail. He is immortal, not because he alone among creatures has an inexhaustible voice, but because he has a soul, a spirit capable of compassion and sacrifice and endurance.

-- **William Faulkner, his Nobel Prize acceptance speech, December, 1950.**

How is it possible that suffering that is neither my own nor of my concern should immediately affect me as though it were my own, and with such force that it moves me to action?

-- **Schopenhauer**

A beautiful word or thought that is not accompanied by corresponding acts is like a bright flower that bears no fruit. It would not produce any effect.

-- **Buddha**

No one is useless in this world who lightens the burden of it for anyone else.

-- **Charles Dickens**

At such moments, you realize that you and the other are, in fact, one. It's a big realization. Survival is the second law of life. The first is that we are all one.

-- **Joseph Campbell**

A human being is part of a whole, called by us the Universe... He experiences himself, his thoughts and feelings, as something separated from the rest -- a kind of optical delusion of his consciousness. This delusion is a kind of prison for us... Our task must be to free ourselves from this prison by widening our circles of compassion to embrace all living creatures and the whole of nature in its beauty.

-- **Albert Einstein (1879 - 1955)**

Tenderness and kindness are not signs of weakness and despair but manifestations of strength and resolution.

-- **Kahlil Gibran**

Wherever there is a human being there is an opportunity for kindness.

-- **Seneca**

There is nothing heavier than compassion. Not even one's own pain weighs so heavy as the pain one feels with someone, for someone, a pain intensified by the imagination and prolonged by a hundred echoes.

-- **Milan Kundera**

We are one, after all, you and I. Together we suffer, together exist, and forever will recreate each other.

-- **Pierre Teilhard De Chardin**

"Come my friends, tis not to late to seek a newer world.
Push off and sitting well in order smite
The sounding furrows; For my purpose holds
To sail beyond the sunset, and all the baths
Of the Western stars, until I die..."

"Tho much is taken, much abides; and tho'
We are not now that strength which in old days
Moved earth and heaven; that which we are, we are;
One equal temper of heroic hearts
Made weak by time and fate, but strong in will
To strive, to seek, to find, and not to yield."

-- words from the closing stanza of "Ulysses" by **Tennyson**

“Hope is the Oxygen of the Human Spirit”

--**Margaret Somerville**