

PRAYER FOR COMPASSION

Spirit of Life, I give thanks for the opportunities to love that present themselves in the turmoil of life.

When the light catches the tears in another's eyes, where hands are held and there are moments without words, let us be present then, and alive to the possibility of changing. Let us seek to make another's wellbeing the object of our concern. Let us seek to be present to another's pain, to bathe another's wounds, hear another's sadness, celebrate another's success, and allow the other's story to change our own.

Let us stand in the morning on damp grass, hear the syllables of bird song, and fill up on sweet air that rolls over oceans and continents. Let us look up at the stars and the planets that fill the night sky with majesty. Let us witness the first fresh buds of spring amid the brown sticks of winter. And for all this, let us be grateful.

Let us not defend ourselves against the discomfort of unruly emotion, nor seek to close down our hearts for fear a new love will come to shake our foundations. Let us instead be open to discovering a new way of seeing an old problem, or appreciating the perfection of a seashell, or the possibility of friendship. For in giving ourselves to what we do not understand, we receive life's blessings, and in taking care of another, we are cared for.