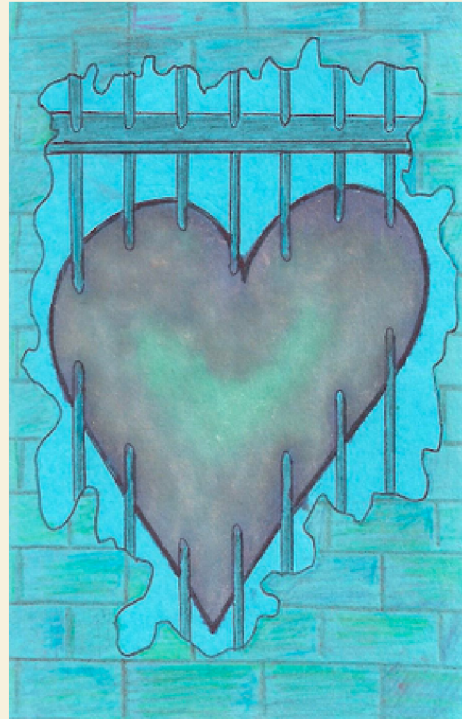


“Slowly my heart is softening into a more compassionate one.”

B, 2013

Reflection

You were born with the ability to love. Sometimes life causes us to harden our hearts. What feels like protection can keep us from fully loving ourselves and others. Put your hand on your heart and say “soften my heart.” Say this as many times as you need. Imagine a hard shell starting to melt away. What remains is your pure ability to love. Greet this love as an old friend.



Art by Mark H.

Questions

When was a time someone showed you compassion when you really needed it? What did you learn?

When was a time it was hard to show someone compassion but you did? What did you learn?

Who would you like to show more compassion towards? Why? What would it take for your heart to soften?