

Raising Compassion

Global Community Project



Ebook of original Compassion quotes & artwork

By Helen Bichel & Jodi Goss

Original Artwork / Photography by Jodi Goss ♥

Original Quotes by Helen Bichel ♥

The Compassion Exercise by Harry Palmer – reprinted with permission Star's Edge Inc.
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Please feel free to pass this ebook along to anyone you like, and we'd love for you
to come visit our website www.raisingcompassion.com and
www.worldcompassionday.com Come join us to Raise Compassion!

We are also happy to for you to use any of these quotes & graphics providing you
acknowledge & credit the original author & artist.

*P.S. We know you will enjoy the fruits of your deliberate intention
and actions to live compassionately... be in joy & live freely. ♥♥*

*“Raising Compassion” Global Community Project &
World Compassion Day (annual event 7th July)
Created as a contribution to Humanity - March 2011*

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Thank you for choosing to create a world flowing with compassion...
the following exercise has been included to assist you re-establish a
personal sense of peace and is copied here with permission
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Increase the amount of compassion in the world.

Compassion Exercise

Instructions: This exercise can be done anywhere that people congregate (airports, malls, parks, beaches, etc.). It should be done on strangers, unobtrusively, from some distance. Try to do all five steps on the same person. Expected results are a personal sense of peace.

STEP 1 With attention on the person, repeat to yourself:

Just like me, this person is seeking some happiness for his/her life.

STEP 2 With attention on the person, repeat to yourself:

Just like me, this person is trying to avoid suffering in his/her life.

STEP 3 With attention on the person, repeat to yourself:

Just like me, this person has known sadness, loneliness and despair.

STEP 4 With attention on the person, repeat to yourself:

Just like me, this person is seeking to fulfill his/her needs.

STEP 5 With attention on the person, repeat to yourself:

Just like me, this person is learning about life.

Variations:

1. May be done by couples and family members to increase understanding of each other.
2. May be done on old enemies and antagonists still present in your memories.
3. May be done on other life forms.

This is one of thirty exercises that can be found in
ReSurfacing®: Techniques for Exploring Consciousness by Harry Palmer.

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The Project

The Intention: To ignite the hearts & minds of people worldwide and inspire them to live more compassionately to create peace and harmony for themselves and others.

Mission:

To increase the flow of compassion in the world by having at least 10 million people intentionally living compassionately day by day – not just in times of extreme trauma and disaster.

Objective:

This wave of compassion starts with me & you. It spreads to every corner of the globe & by the 7th of July 2011 we will have inspired over 10 million people to do life a little differently... compassionately.

Can you get some impression of this? 10 million people practicing compassion as they go about their day, each & every day from now on... I can! WOW

Living compassionately means:

actively & deliberately choosing a reordering of one's actions and perceptions. It's a deliberate shift of thoughts from judgement, worry, comparisons, competition, concern, scarcity and fear to expressions and thoughts of appreciation, awe, kindness, care, love, abundance, generosity, joy & presence.

Why live compassionately?

It restores (y)our own being (self) and creates the space for others to feel acknowledged, appreciated and experience the feelings of acceptance and love.

It will also enhance the opportunity to shift us into a state of acceptance of all that is. All that is, is all that is, no-thing right & no-thing wrong. There will be no need for us to question, clarify, categorise or label any-thing, unless we want to deliberately add some meaning to what's unravelling and being presented before you.

Whatever is happening before you is an opportunity for integration, a lesson, an insight to bring you into perfect balance and harmony within... where peace, love, joy, appreciation and humility reside.

The rewards for living compassionately:

The rewards for living in and sharing compassion for each & every one of us includes at the very least it's a shift in consciousness in how we co-create this world. You'll notice a quieter mind, joyful living, an empowered spirit, life will flow more easily for you and those around you, you'll experience an improvement in wellbeing, the ability to change your viewpoints, insights that will lead to inner wisdom, and you'll enjoy an increase in personal responsibility with the ability to live your life more deliberately.

What's Involved:

That you deliberately commit to living compassionately from this moment forward; and you share this with your family, friends, colleagues, groups and networks so that we have 10 Million people practicing compassion by 7th July 2011

Why the rush?

Let be the change we want to see in the world sooner rather than later. I believe it's time for all of us to live more deliberately to create what we really want for ourselves and others.

So what are we waiting for – it doesn't have to take forever. Invite your friends, family & colleagues to get involved now.

Tips for creating & committing to compassionate living:

Tip 1. Create your own personal intention to live compassionately, honouring everyone and everything (eg. I am in awe of everything around me as I live compassionately, and inspire others to do the same). Create it as an intention that originates from your heart and is in alignment with your best intentions for what you want for the world eg. Peace, love, joy and abundance

Tip 2. Write your intention on a card and keep it with you – in your wallet, in your diary, your car, pocket, or briefcase.

Tip 3. Place reminders to be compassionate in very visible places (eg. on the fridge, mirror, your desk, diary, vision board etc) – it may be your intention, it may be the word compassion, a symbol or picture you associate with compassion.

Tip 4. Create a list of actions that are perfect for you. This will be the start of the positive habits to help you stay deliberate. (eg. When I have the desire to interrupt

someone while they are speaking, I take a deep breath and appreciate the person speaking; when I am feeling frustrated, annoyed or overwhelmed I appreciate these feelings and am grateful for the ability to feel them and I will let them flow through me; I smile deliberately & make an effort to experience happiness in all situations; I am always kind and respectful to myself and others)

Tip 5. Notice yourself being deliberately compassionate throughout your day. You'll know when your being successful as you'll naturally "feel better" about yourself and everybody else.

Tip 6. Appreciate and acknowledge yourself and everybody else for acting compassionately and deliberately creating peace and harmony in your own life and the world. Do this each morning when you wake and again as your go to sleep.

Tip 7. Acknowledge others when they display compassion – you can pass them the card which appears in our notes section... or you can create your own. Our card "Your compassion is visible and palpable. Thank you for being that way and inspiring others to do the same"

Tip 8. Practice the Avatar® compassion exercise as often as you can, make it at least a daily habit. If you'd like to share these beautiful cards you can purchase them in packs of 50 for \$5 in many different languages. www.theavatarcourse.com/compassion

Tip 9. Share this with everyone possible... your friends, family, colleagues, business associates, media contacts, groups and networks. Share your personal intentions, inspiring projects, poems, artworks, videos, pictures etc on this site.

Tip 10. Enjoy the beauty that unfolds around you as you live compassionately and share your experiences on our pages, on your own blogs, pages and websites, with the media and in the dialogue you have with people you encounter on your travels... the journey of a blessed and satisfying life starts with your deliberate action to live compassionately and share it boldly.

Thank you for helping heal our world ... by spreading compassion, and engaging in right thinking & right actions (deliberate thoughts & actions that align with your intention) and being an expression of loving kindness. Helen Bichel (founder Raising Compassion 2011)♥



Compassion is a journey of the heart ♥



Compassion is the stairway to
enlightenment ♥



The gift of compassion is priceless, and
warms the minds and hearts of those to
which it is endowed ♥



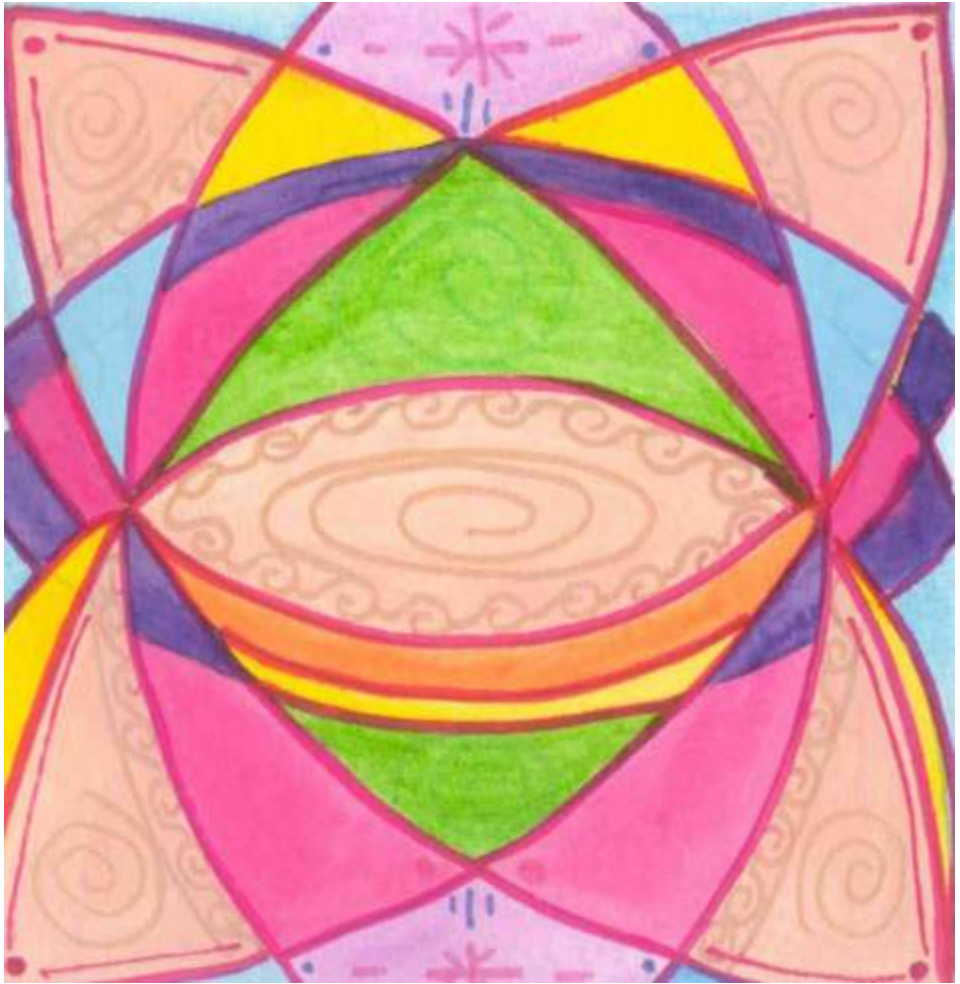
Compassion is spreading
(y)our love beams ♥



Compassion is living in harmony
on the inside and the outside ♥



Compassion is a precious gift
to share and give away,
the more you give away
the better you feel♥



Compassion is
a deliberate way of being;
it's your operating system ♥



Practicing compassion frees your mind
and takes you closer to the journey of
your heart; it's a contribution to
all of humanity ♥



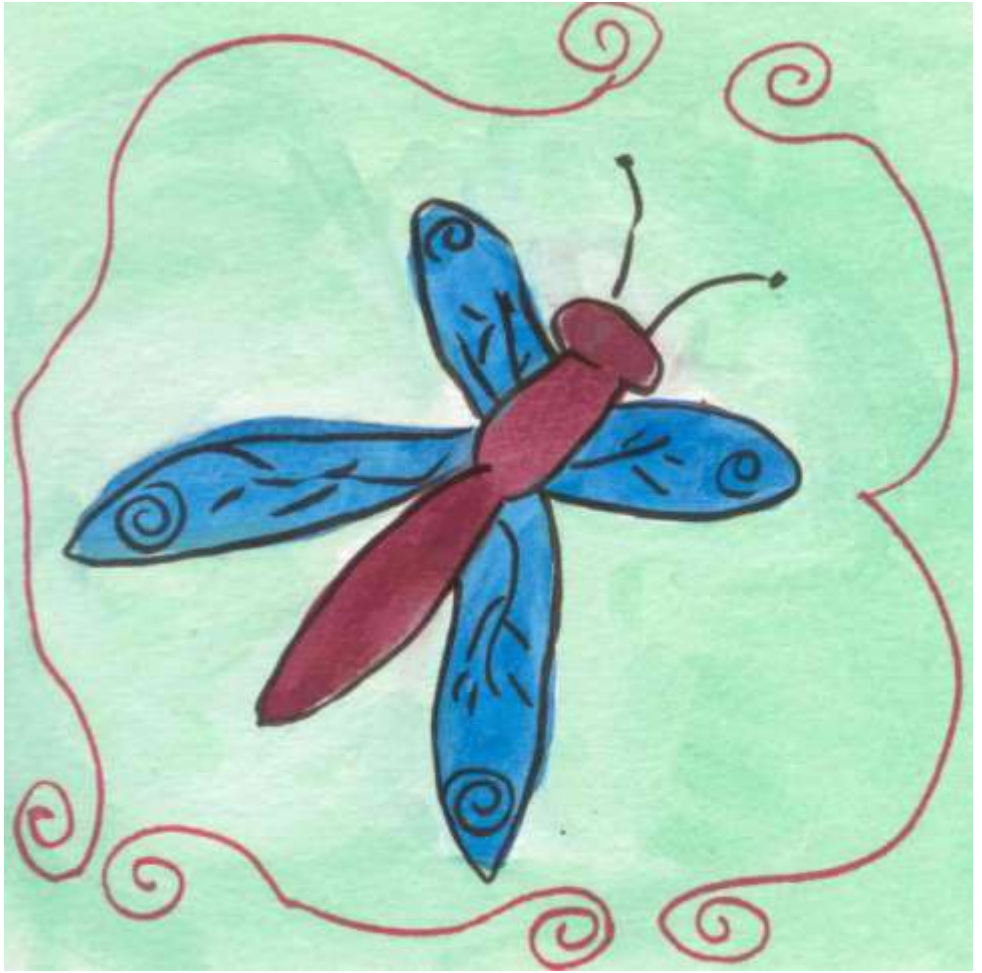
Compassion is the unfolding of your
authentic grace & humility
and being freely alive in the world ♥



Living compassionately is
deliberately choosing to walk in
the footsteps of the creator ♥



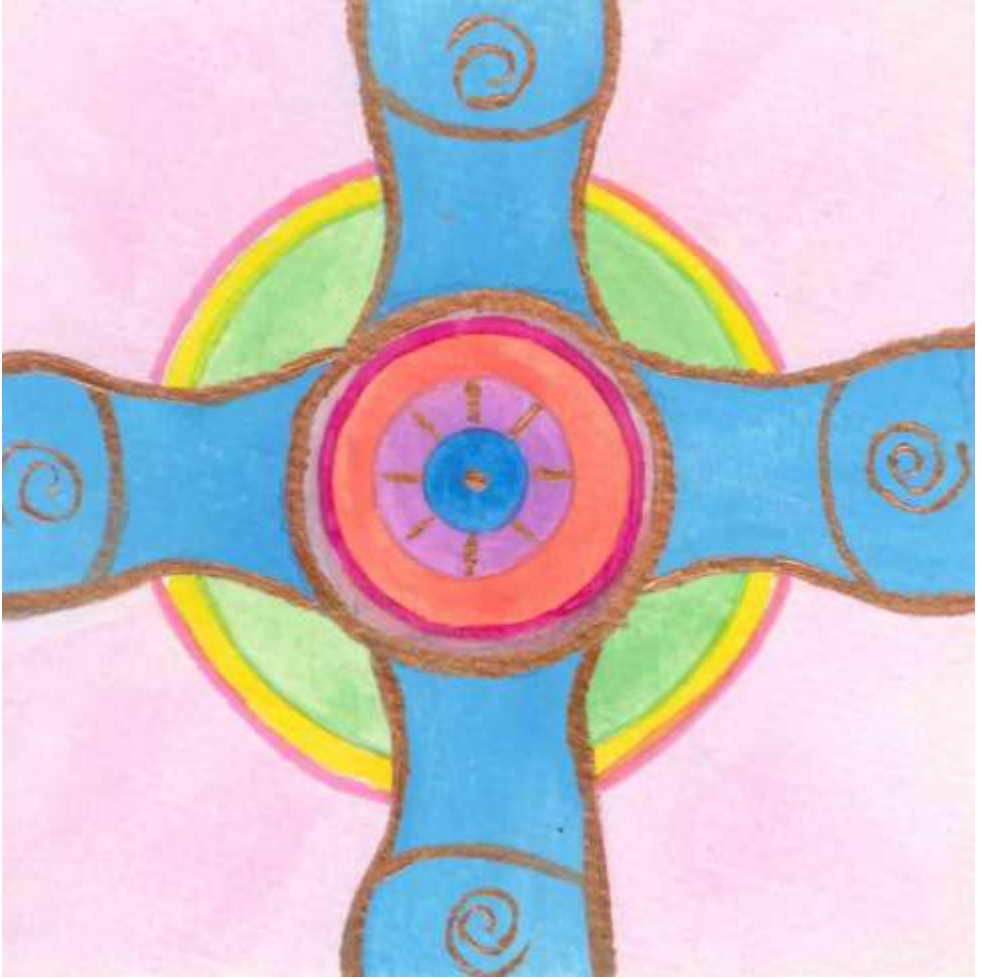
*Practicing compassion leads to
inner peace and joy and connects you to
all that is ♥*



Compassion connects and enlivens
our hearts and minds and transforms
fear into an exciting adventure ♥



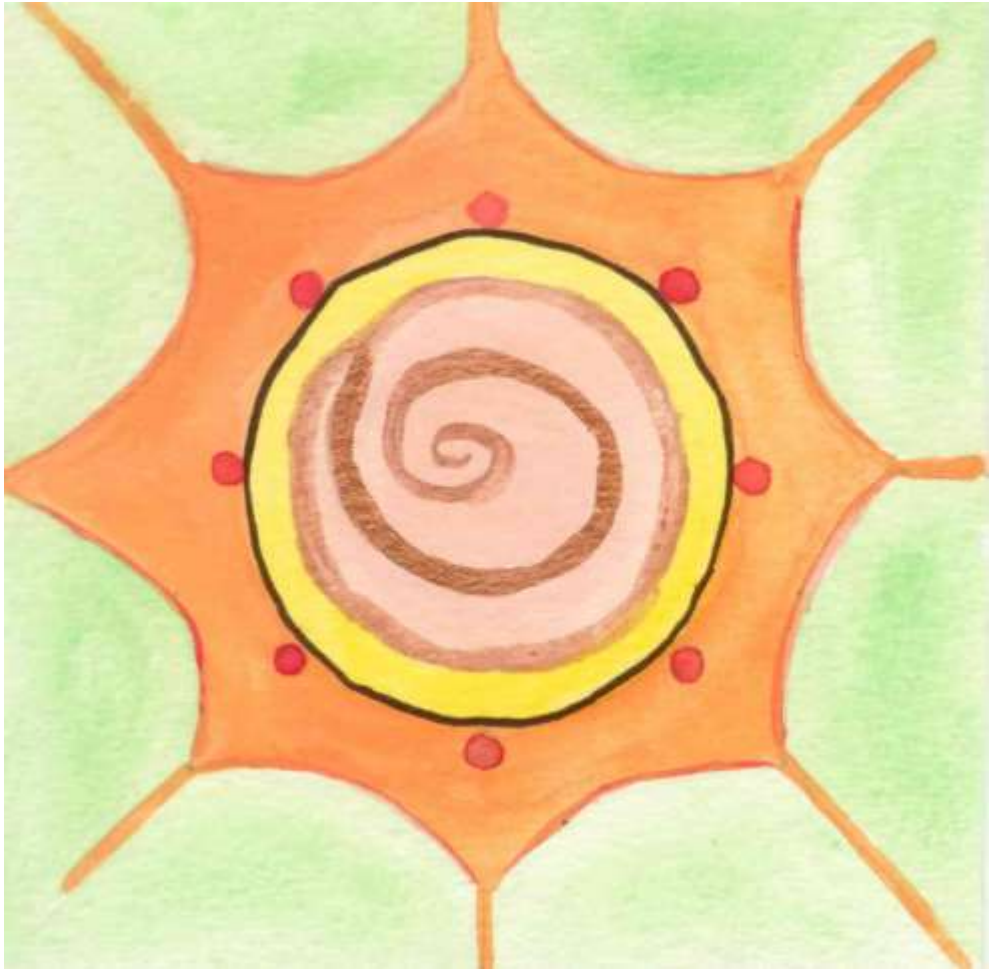
Compassion is loving kindness in action... start by integrating your envy, jealousy & disrespect; your superiority & righteousness; your anger & frustration, your inconsideration & selfishness and any unworthiness you may feel!♥



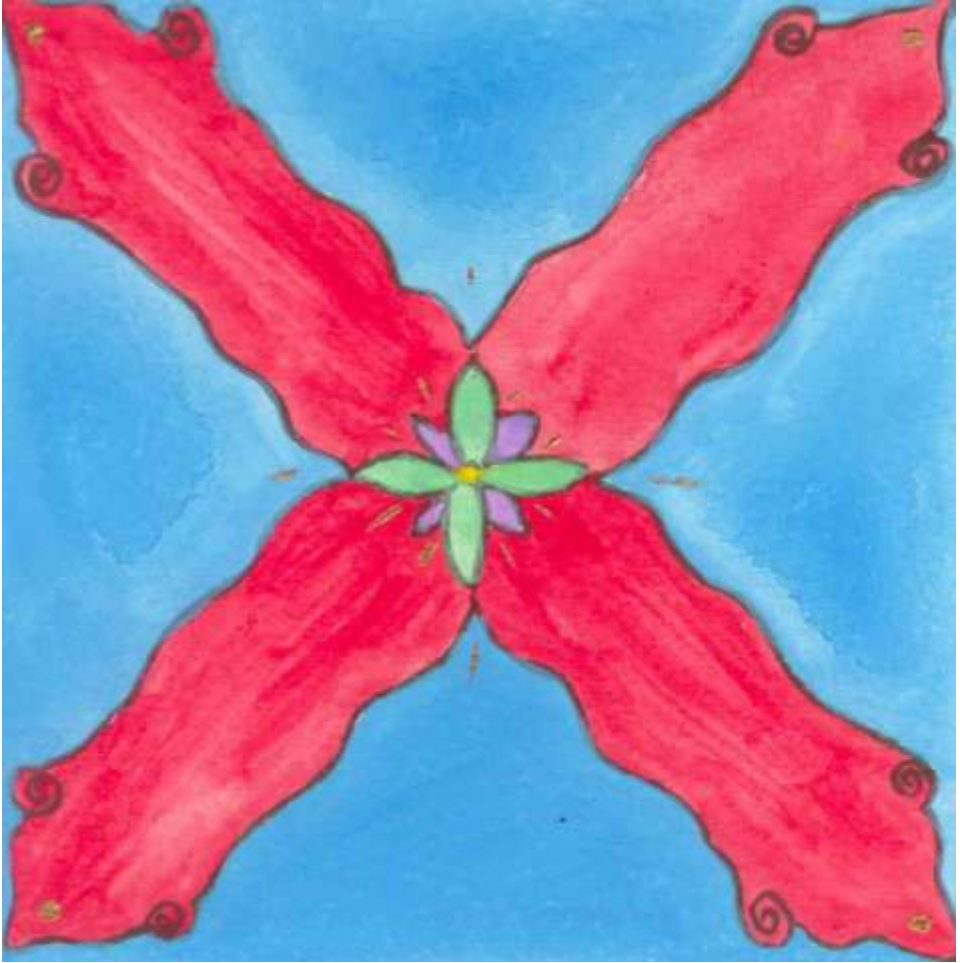
*Living compassionately is
a moment by moment decision –
choose right thoughts and right actions ♥*



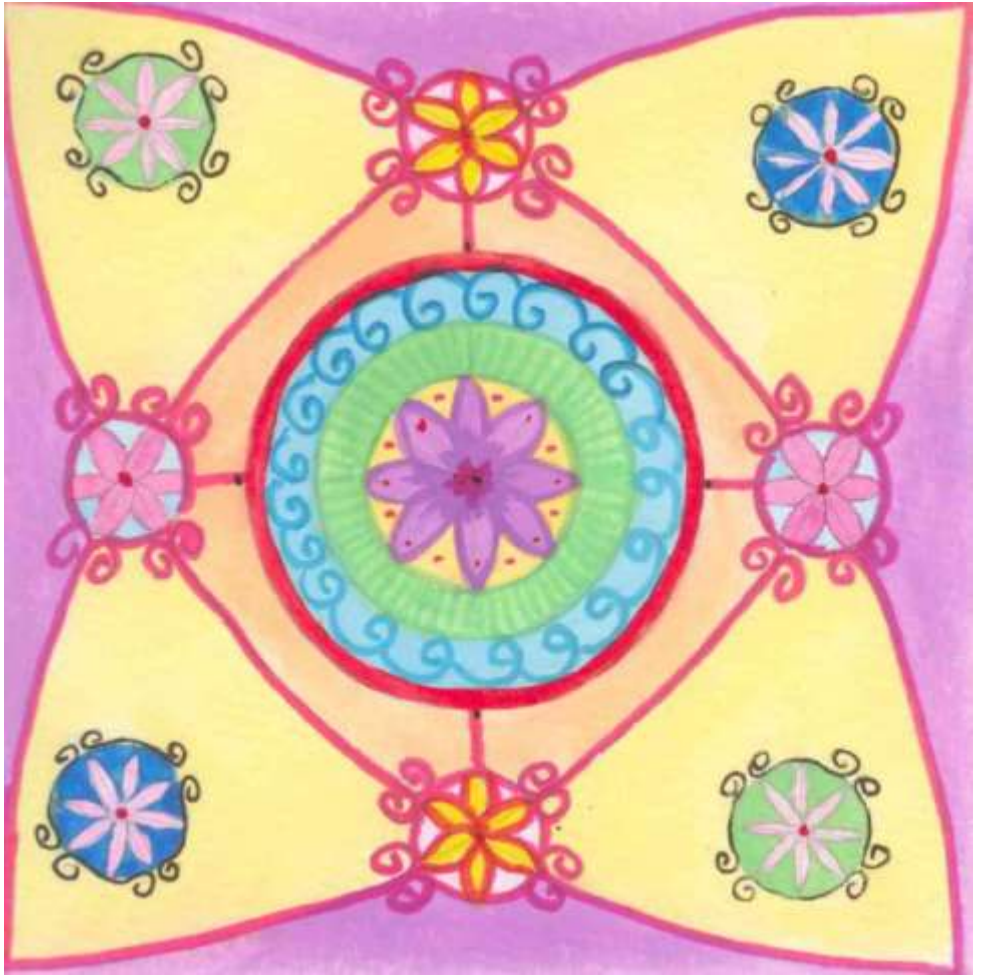
Compassion is teaching your
heart to dance ♥



Compassion is having respect,
appreciation and gratitude
for *all* living things in the web of life ♥



Compassion is a deliberate action that
you can nurture and develop;
it comes from within
and is visible to all you meet ♥



Living compassionately is our contribution
to creating a peaceful, bright,
happy, and healthy world
for every one ♥



Practicing compassion is an act of self
renewal and conscious evolution ♥



Compassion is appreciating other viewpoints and is expressed in our thoughts and actions, moment by moment ♥



Compassion is appreciating
the human experience
and all that is ♥



Living compassionately
is flowing freely in the world,
and not sticking or bumping
into anyone or anything ♥



Being compassionate is being
interested in, appreciating and enjoying
all the contrasts of life ♥