

Acts of Compassion group study

Reflections

At the end of the book *Acts of Compassion*, you will find examples of quiet reflections which are designed to help you focus and redirect your thoughts. You can use them to calm your stress as well as to nurture positive thoughts and mental images.

These are especially helpful during times when you are struggling to show caring and compassion. The reflections can be used as a “quieting time” or, if you are comfortable with it, as a prayer time to nurture your compassion.

When your spirit is quiet and you feel centered and peaceful, you are more able to be patient, forgiving and compassionate toward others.

While it’s helpful to do these reflections in order, it isn’t necessary. When you are ready to sit quietly and focus, choose the one that fits your needs best at that time. Each of the reflections can be completed in about ten minutes.

As you read the words for each reflection, you can mentally review them or even whisper or pray each of the statements. There’s no right or wrong way to use these tools. They simply provide an easy yet structured way to focus your attention and strengthen your ability to show compassion.

Preparation: Read the general instructions on how to prepare for doing the reflections.

The Four Reflections:

Reflection 1: Self-care

Reflection 2: Just like me

Reflection 3: Loving kindness

Reflection 4: Do it anyway

Closing thought

As you strive to be a caring, compassionate person, remember that even the smallest kindness matters and can change a person’s life forever.