

Heartsong @ 1917 This Week – "Compassion"
Wednesday, July 15, 2015, 10:45 a.m. – 12:00 noon
UAB 1917 Clinic, 1st Floor Library, Room 151
Facilitator: Joe Elmore

Heartsong @ 1917 is a weekly, open discussion about spirituality and finding meaning and purpose in life. Everyone is welcome to attend who is interested in connecting to the spiritual side of life. 1917 Staff are welcome. If you do not want to receive this weekly email, just reply with "unsubscribe" in the subject line.

UAB 1917 CLINIC WEBSITE: <http://www.uab.edu/1917clinic>

Theme: Compassion (and Animals)

Featured Video: Compassion – Pass It On
https://www.youtube.com/watch?v=UskX_eUgMLo

Words on the Theme :

“Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.” “If you want others to be happy, practice compassion. If you want to be happy, practice compassion.” Dalai Lama

“An act of kindness, no matter how small, is never wasted.” Aesop

“If your compassion does not include yourself, it is incomplete.” The Buddha

“The simplest acts of kindness are by far more powerful than a thousand heads bowing in prayer.” Gandhi

[“The greatness of a nation and its moral progress can be judged by the way its animals are treated.”](#) Gandhi

“The assumption that animals are without rights and the illusion that our treatment of them has no moral significance is a positively outrageous example of Western cruelty and barbarity. Universal compassion is the only guarantee of morality. Arthur Schopenhauer

“A dog wags its tail with its heart.” Martin Buxbaum

“One reason a dog can be such a comfort when you’re feeling blue is that he doesn’t try to find out why.” Anonymous

“If all the beasts were gone, men would die from a great loneliness of spirit, for whatever happens to the beasts also happens to the man. All things are connected. Whatever befalls the Earth befalls the sons of the Earth.” Chief Seattle of the Suquamish Tribe

“A dog has lots of friends because he wags his tail and not his tongue.” Anonymous

“Living with animals can be a wonderful experience, especially if we choose to learn the valuable lessons animals teach through their natural enthusiasm, grace, resourcefulness, affection and forgiveness.” Richard H. Pitcairn



NEXT

Heartsong@1917

Wednesday, July 22, 2015

10:45a.m., 1st Floor Library, Room 151

Steve Dellinger, Facilitating