



Nurturing Compassion

Polly Fielding

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The act of compassion is one of the nobler qualities of the human race. It is defined as the ability to feel and respond sensitively to the suffering of another. When we show or receive compassion, we experience a sense of the interdependence of humanity. We see it demonstrated daily in many guises: in the volunteers who operate food banks or work in hospices, the doctors and nurses who work in dangerous conditions in war-ravaged areas, simple gestures of comfort for someone bereaved...

However, showing compassion to others is only half the story: self-compassion. frequently in short supply and usually harder to practise, is also necessary. Yet, noticing when we feel hurt, appreciating when we are finding life difficult, being kind, self-soothing and attentive to ourselves is so often brushed aside in the misguided belief that we are being selfish. The reality is though that if we are able to be compassionate to ourselves, the compassion we are able to offer others will be even greater.

This book contains quotations from a wide cross-section of people past and present, on the theme of this most precious of human attributes. Reading them will help you to understand the true nature of compassion and, undoubtedly, help to confirm or restore your faith in human nature.

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