

Affirmations

- ✓ I understand what compassion is.
- ✓ I know how to be compassionate with myself and others.
- ✓ All that I give to others comes back to me multifold.
- ✓ As a member of humanity, I extend my compassion to everyone.
- ✓ As I focus on compassion, I naturally relate to others with love and understanding.
- ✓ As my concern for others deepens, my life becomes more fulfilling in every way.
- ✓ Being compassionate helps me to be a more peaceful, happy person.
- ✓ Being compassionate is a high priority in my life, and I practice this feeling every day.
- ✓ Being considerate is one of the top priorities in my life, and I practice this feeling every day.
- ✓ Being generous is one of the top priorities in my life, and I practice this feeling every day.
- ✓ Being kind towards others is very important to me, and I exercise kindness throughout my day.
- ✓ By broadening my perspective, I gain a greater concern for others.
- ✓ By fully understanding myself, I have greater understanding of humanity.
- ✓ Charity is a habit that I nurture every day.
- ✓ Compassion is a habit that I nurture every day.
- ✓ Compassion naturally flows from the heart of my inner being.
- ✓ Every day I am becoming more and more compassionate.
- ✓ Every day I am becoming more and more considerate of others.
- ✓ Every day I exercise compassion through my words and actions.
- ✓ Every kind word I express comes back to me multiplied.
- ✓ Every time I smile, I spread positive energy into the world.
- ✓ Everyone in the world, myself included, is deserving of compassion and understanding.
- ✓ Everything I give to others is a gift to myself. As I give, I receive.
- ✓ Giving freely to others makes me feel wonderful.
- ✓ Helping others gives me immense pleasure.
- ✓ Understanding those less fortunate gives my life greater meaning.
- ✓ I always encourage others towards their dream.
- ✓ I always find the time to thank people for their kindness.
- ✓ I always follow my natural instinct to do the kind, thoughtful thing.
- ✓ I always speak from the heart.
- ✓ I always speak kindly of other people.
- ✓ I always take the time to consider how I can help others.



Sacred Space *of Wilmington*

“All I ever wanted was to reach out
and touch another human being not
just with my hands but with my
heart.”

— Tahereh Mafi, *Shatter Me*

Welcome To
Sacred Space Of Wilmington
March 2, 2015

Enlightenment Services 7:00pm

Music Lokah Samastah Sukhino Bhavantu
(Hindi)

Translation: May all beings everywhere be happy and free, and may the thoughts, words, and actions of my own life contribute in some way to that happiness and to that freedom for all.

Let's look more closely at the meaning of each word of this invocational mantra:

- lokah:** location, realm, all universes existing now
- samastah:** all beings sharing that same location
- sukhino:** centered in happiness and joy, free from suffering
- bhav:** the divine mood or state of unified existence
- antu:** may it be so, it must be so (antu used as an ending here transforms this mantra into a powerful pledge)

This is a prayer each one of us can practice every day. It reminds us that our relationships with all beings and things should be mutually beneficial if we ourselves desire happiness and liberation from suffering. No true or lasting happiness can come from causing unhappiness to others. No true or lasting freedom can come from depriving others of their freedom. If we say we want every being to be happy and free, then we have to question everything that we do-how we live, how we eat, what we buy, how we speak, and even how we think.

Schedule

Greetings and Announcements 7:15pm

- Where Sacred Space is and going
- What you can do to help (Letters)
- Prayer Requests Book

Meditation 7:30pm – 7:45pm

Spiritual Talk on Compassion 7:45pm

Compassion Affirmations (See back of program)

Meditation to love ourselves

Final Thoughts with Rev. Barbara

Gathering with Question & Answer 8:30pm

Notes
