

EMPATHY+ACTION =COMPASSION

An Equation For *Happiness*



By Jojo Marie Schillaci

MOTIVATIONAL SPEAKER & AUTHOR OF *MY MISSING PEACE*

SIMPLYJOMARIE.COM | SIMPLYJOMARIE@GMAIL.COM

In a world that now moves at lightning speed and that can sometimes feel unforgiving, it's easy to become fixated on self and forget that we are united as one. Amidst the chaos and dissonance resides a profound source of strength that can change the world by one simple act of kindness at a time; compassion.

By definition, empathy is our ability to understand and share the feelings of another. When we combine empathy with action the result is compassion; "sympathetic consciousness of others' distress together with a desire to alleviate it." In the words of the Dalai Lama "love and compassion are necessities, not luxuries. Without them, humanity cannot survive. Our prime purpose in this life is to help others, and if you can't help them, at least don't hurt them".

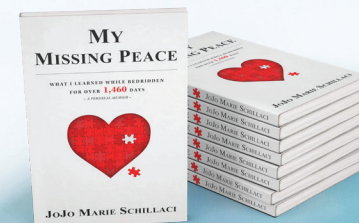
In the act of compassion lies a beautiful place where we cultivate connections, reduce conflict and create a positive vibrational energy that is far reaching beyond its place of origin. Acts of compassion don't have to be grand gestures, small acts of kindness can be heartfelt and have a profound impact. Words of kindness, a helping hand or warm welcoming smile can change someone's day, reduce stress, create hope and contribute to their overall wellbeing. In performing acts of compassion, we also create a cavalcade of positive effects on ourselves. Studies have shown that being kind lowers cortisol and blood pressure, reduces pain, anxiety, depression, and boosts our immune system.

In helping others, we also heal ourselves because, although compassion should never be based on reciprocity, when we open our hands to give, it naturally affords us the opportunity to receive. When we give freely, we are also paving our own karmic path led by the belief that what you put out to the world is what you will receive in return.

"If you want others to be happy, practice compassion. If you want to be happy, practice compassion."

-Dalai Lama

Consider cultivating happiness within and around you by taking action to change people's moments and yours as well! It's always about taking small, but steady steps forward by making small, yet powerful changes each day. Don't get overwhelmed, just keep taking that next right step...
it simply begins with you!



**GET A PAPERBACK OR E-BOOK
COPY TODAY AT:**

SIMPLYJOMARIE.COM

