

Prayer For Compassion

“Compassion is not a religious business, it is human business. It is not luxury, it is essential for our own peace and mental stability. It is essential for human survival.” ~ Dalai Lama

One of the most important qualities that you can cultivate toward yourself and others is the powerful quality of compassion. It will help you in the darkest and most stressful moments to step back and relate to yourself from the same place from which you want to be focusing on your goals and supreme initiative. If you are here to serve others, use this prayer often. If you use it every day, it will change your life.

I know there is one power, the source of life within me. This power is the creative principle of the universe, the wholeness of life's perfection, the free flow of love expressing itself as compassion.

I, {your name} am now aligned with this power. I open my whole being to allow its gentle waves of wisdom to roll through my consciousness and enfold me completely.

With the power of love, I claim divine compassion for myself. I allow the most gentle, loving, and tender emanations of compassion to cradle me. Compassion in its own peaceful way, now dissolves any judgments I have upon myself and my experience. Divine compassion relaxes all my tendencies to lay blame, find fault, or condemn my reality. I now surrender any beliefs in my unacceptability, as compassion sweeps through me and carries them all away.

In the currents of compassion, the strength of self-worth, knowledge and confidence is revealed. The infinite, patient kindness of my Inner Source elegantly returns me to clarity, with which I perceive my true path, my real purpose, and my natural beauty.

With the power of compassion's guidance, I declare my unconditional commitment to actualize my soul's purpose on earth at this time. I consciously open myself to whatever unlearning is necessary for me to fully live my life as love. Divine compassion carries me in waves of peace through the next gateway of growth.

I joyfully see all beings as my brothers and sisters through the lens of compassion, to feel our hearts and minds joined as one.

Willingly, I let compassion nurture my life on the planet. I accept its presence with gratitude and humility, knowing that the Source within me holds me always in its loving embrace. In perfect peace I rest, knowing that this is done, and all is well.

Kathleen Hanagan is spiritual teacher, modern mystic, and psychotherapist, whose work integrates the essential wisdom of the great spiritual traditions with scientific knowledge, 30 years working intimately with individuals, couples, and groups, and her own quest for liberation.

Kathleen's gift is her ability to translate esoteric knowledge into practical tools that help us navigate the inevitable storms of being human.

With the clarity that comes from one familiar with the territory of the heart, Kathleen shows us how to walk between the worlds in this time of the Great Remembering. Her presence and her stories teach us how to live from the center of our love, and how to live our Soul's purpose in full integrity and prosperity.

Her book, ***Activating Your Loveseed: Revealing The Blueprint For A Better World***, is a guide to the seeker of love and bringer of light, which Kathleen believes we all are in our seed core essence.

If you find your way here and hear the call, get in touch for a complimentary clarity session with Kathleen [here](#).

