"No act of kindness, no matter how small, is ever wasted."

Aesop

"If we have no peace, it is because we have forgotten that we belong to each other."

- Mother Teresa



"Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty."

- Albert Einstein

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

- The Dalai Lama



"Until he extends the circle of his compassion to all living things, man will not himself find peace."

Albert Schweitzer

"Compassion is an unstable emotion. It needs to be translated into action, or it withers."

Susan Sontag



"True compassion is more than flinging a coin to a beggar; it comes to see that an edifice which produces beggars needs restructuring."

- Martin Luther King Jr.

"Nothing living should ever be treated with contempt. Whatever it is that lives, a man, a tree, or a bird, should be touched gently, because the time is short."

- Elizabeth Goudge

