

A Ritual to be used with any aspect of *Boundless Compassion*

## ***Compassion: A Resilient Heart***

(Main symbol: stones; you will also need permanent felt-tip pens)

Begin with song by Kirtana on YouTube:

<https://www.youtube.com/watch?v=tYkRPBcOH0Y>

(Kirtana sings of the love & peace at core of ourselves and of life, the divine indwelling)

*Always Here, Kirtana*

Is it in the sunlit meadow? Is it in the rocks and trees?  
Is it in the blue and yellow? Is it in the one who sees?  
This radiance I recognize, Even when I close my eyes?  
Is it in the words you've spoken, as trackless in their flight as birds?  
Is it in the silence broken? Is it in between the words?

This living truth you make so clear, the speaking stops, but still I hear,  
And I cannot see how I missed this before, who I am is always here; of this I'm sure.

Is it in the circumstances? Is it in the quiet mind? Does it only come in glimpses?  
Is it an event in time, -- this peace, this peace that permeates  
My mind, my moods, these changing states..  
Is it in your form that I hold so dear, Or older than your ocean eyes?

When you walk away, does it disappear? Could it be so localized?  
This love, this love which no one claims, You come, you go, but it remains,  
And I cannot see how I missed this before, The love we are is always here; of this I'm sure.  
Is it in the sunlit meadow? Is it in the rocks and trees?  
Is it in the blue and yellow? Is it in the one who sees?

Leader:

“Let’s place our hands over our hearts to remember and be grateful for this love and peace that dwells within us. “

(Brief pause of stillness. Then give each one present a stone large enough so it basically fills the palm of their hand. Each holds the stone while sharing on the following questions):

- What kind of qualities does the stone you hold evoke for you?
- How do these qualities connect with compassionate living?
- Where do you most need “stone quality” in your life now?
- Who has been a source of resilience for you?

A Ritual to be used with any aspect of *Boundless Compassion*

Readings to follow the above sharing:

(1) Stones. “The symbolism of stones centers on ideas of endurance, stability, and permanence. They represent the ability to be grounded and connected with the earth. Stones are strong, versatile, and easily accessible.” (from the Internet)

(2) Gospel: (stones as strong foundation) Mt7:24 - 25

Jesus said, ““Everyone then who hears these words of mine and does them will be like the wise person who built a house on the rock. And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock.”

(Invite each one to now write the word “compassion” on the stone (their “rock”) that they were given. They might also want to draw a symbol of this on their stone or write some other words or a phrase to remind them of their resilience.)

Leader

We turn to you, our firm Foundation of Compassion, and pray:

(All) When lovingkindness wanes in us, awaken and strengthen our desire to be compassionate. When our resilience weakens, remind us of the power of your presence to revive our confidence. When we forget to offer compassion to ourselves, draw us close and cradle us in your loving embrace. When our hearts grow cold, restore their warmth like a stone is warmed when held in human hands. Once again, we renew our desire to be an enduring compassionate presence. We go forth trusting that our compassion is secure and firmly grounded. Amen.

Close with the song on YouTube: “Resilience” by Abbie Betinis (encourage the group to stand and sing along, as Abbie does with her group)

<https://www.youtube.com/watch?v=bonwlsLaoLw>

Leader: Abbie writes: "Resilience is a mindset born in the hardest days, when you're scared or sad or tired, when progress toward your goal is slow, and the barriers seem impenetrable... and yet you keep going, because somewhere deep down you know that what you're fighting for will be so much better. As a three-time cancer survivor, I continue to learn about resilience."

(Words and song-sheet if you want to print out for the group are given for free usage. Scroll down to the second page to find the song-sheet.)

<https://www.justicechoir.org/pdfs/JusticeChoir24-->

[WAIT! BEFORE YOU COPY THIS LONG URL PLEASE SHARE THE SHORTLINK AT THE BOTTOM OF THE PAGE INSTEAD--httpCOLONSLASHSLASHsongsDOTjusticechoirDOTorgSLASHresilience-- THAT SHORTLINK HELPS PAY THE SONGWRITER.pdf](https://www.justicechoir.org/pdfs/JusticeChoir24--)