

Feel Empathy and Expressing Compassion

# Lesson 12

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Could a greater miracle take place than for us to look through each other's eyes for an instant.

— Henry David Thoreau, 19<sup>th</sup> century poet, naturalist, philosopher

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

— Dalai Lama, Tibetan spiritual leader