

***To love and
be loved is
to feel the
sun from
both sides.***

David Viscott

PATH

Compassionate Pathways

GAINS

- ➔ *Understanding the impact of compassion*
- ➔ *Caring for the well-being of our mind, body and soul*
- ➔ *Developing a positive and loving mindset*
- ➔ *Building a compassionate community*
- ➔ *Investigating the relationship between love, compassion, and overall well-being*
- ➔ *Considering the physical, emotional, and psychological benefits*



DIALOGUE

- 1 Read the different parts of the dialogue below and number them according to the proper sequence in the story.

Part

Linda: This is a beautiful vision, Meg. Imagine a world where love and compassion guide our actions and decisions, where empathy and understanding prevail. It may seem idealistic, but this is a vision worth striving for.

Meg: I wholeheartedly agree, Linda.
..... We must continue to cultivate and spread love and compassion in everything we do.

Linda: Absolutely, Meg. We have listed down several precious and strong points for tomorrow's presentation. We can even introduce ourselves to the class as Agent Love and Agent Compassion with the mission to fill the world with understanding, kindness, and humane connection.

Part

Linda: Hi, Meg! Ready for finalizing tomorrow's presentation on "Love and Compassion"? As the teacher said, love and compassion make a powerful force, don't you think?

Meg: Absolutely, Linda. Love and compassion can transform lives and bring about positive change in the world. What specifically has been on your mind?

Linda: Well, I've been reflecting on how love and compassion can establish deep connections among people. When we approach others with kindness and understanding, it opens up the possibility for genuine empathy and support.

Meg: I completely agree.
.....

..... and truly connect with others on a human level. It is about recognizing the common threads that bind us all together and embracing our shared humanity.

Linda: Exactly! And I have also been thinking about how love and compassion can overcome differences and barriers. When we approach conflicts or disagreements with a compassionate mindset, we can find common ground and work towards understanding and resolution.

Part

Meg: That's a beautiful perspective, Linda. Love and compassion can be the bridge that brings people from different backgrounds, cultures, and beliefs together. It helps us realize that we are more alike than we are different.

Linda: Well said! And it's not just about how love and compassion affect our relationships with others, but also how they impact our own well-being. When we cultivate love and compassion within ourselves, we experience a sense of inner peace and fulfillment.

Meg: That's so true. Having a sense of contentment about our lives and feeling compassion deep within are essential for our overall well-being. When we treat ourselves with kindness and understanding, we become more resilient and better equipped to extend that love and compassion to others.

Linda: I couldn't agree more, Meg.
.....
..... When we express them towards others, it has the power to inspire and influence those around us, creating a positive chain reaction.

Meg: Absolutely. It's incredible to think about the impact we can have on the world simply by embodying love and compassion in our daily lives. It has the potential to create a more harmonious and compassionate society.



2 Read the first, second, and third parts and match the empty parts on the previous page.

a	Love and compassion allow us to see beyond the surface.
b	Love and compassion generate a ripple effect.
c	Love and compassion are not just abstract concepts; they are transformative forces that can shape our lives and the lives of those around us.

3 Read the dialogue again and answer these questions.

- 1 What is the vision that Linda and Meg are discussing?
- 2 How do Linda and Meg believe love and compassion can transform lives?
- 3 What are Linda's ideas for introducing themselves in the presentation?
- 4 According to Linda, how do love and compassion create deep connections among people?
- 5 According to Linda and Meg, besides affecting relationships with others, how do love and compassion affect people's own well-being?

4 Discuss the following with your friends and family.

- 1 How can we actively cultivate and spread love and compassion in our daily lives?
- 2 What are practical ways in which love and compassion can be integrated into local and international conflicts or disagreements to foster global understanding and resolution?
- 3 How can people nurture self-love and self-compassion to enhance their overall well-being and resilience?

**5 “Love yourself, even a little bit each day, and your life will bloom into infinite joy for yourself and those you love.”
Write down five good things that you love about yourself and your best friend.**

FIVE THINGS I LOVE ABOUT MYSELF	FIVE THINGS I LOVE ABOUT MY BEST FRIEND

SHORT STORY

- 1 Scan the following short story. Who are the main characters? What are they known for?

They are and and

They are known for and

- 2 Read the first part of the story and find out what they encounter.



1

Every morning, rising and shining on the little village of Camphill, the warm and bright sun would bring smiles to all faces except for one: A grumpy and solitary old farmer, Mr. Thompson. He had long been known for his sour temperament and his tendency to keep to himself. The villagers often wondered what made Mr. Thompson so grumpy and why he seemed to have no interest in meeting others anymore. One autumn evening, a young woman named Emily moved into the farmhouse next door to Mr. Thompson. She was full of warmth, kindness, and a genuine love for others. Despite hearing rumors about Mr. Thompson's grumpiness, Emily decided to befriend him.

2

Every morning, as Mr. Thompson grumbled while tending to his garden, Emily would greet him with a cheerful "Good morning!" and offer to help him with his chores. At first, he brushed her off with his usual gruffness, but Emily never gave up. She continued to show him kindness, bringing him freshly baked cookies or offering to assist him with any tasks he needed help with. Slowly but surely, Mr. Thompson's heart began to soften. He was touched by Emily's unwavering affection and genuine care. He started to open up and share stories from his past, revealing the loneliness and disappointments that had made him distant from the world.

3 Read the first and second paragraphs and answer the questions.

- 1** Who was the grumpy and solitary man in the village?
- 2** Who moved into the house next to Mr. Thompson?
- 3** What did Emily do every morning when Mr. Thompson was tending to his garden?
- 4** How did Mr. Thompson initially respond to Emily's kindness?

4 Read the third paragraph of the story and fill in the blanks.

3

Emily listened attentively, providing a listening ear and a compassionate heart. She understood that beneath his grumpy exterior, there was a person longing for love and connection. She thought Mr. Thompson needed to change his outlook on life. Inspired by Emily's care and his newfound sense of friendliness, Mr. Thompson started to notice the needs of others in the village and how he could contribute to them. He did what he knew best: He started repairing the broken machinery and helped to teach the village kids farming skills.

- 1** Emily thought Mr. Thompson needed to change his
- 2** Mr. Thompson could notice the needs of others in the village and how he could to making their lives better.
- 3** Mr. Thompson repaired the and helped to the village kids farming skills.

5 Read the first three paragraphs again and discuss these points.

- 1** Why do you think Emily's kindness towards Mr. Thompson never faltered despite him not returning it initially?
- 2** How would you have acted if you had been in Emily's shoes?
- 3** "She understood that beneath his grumpy exterior, there was a person longing for love and connection." What do you think is hinted by this statement?
- 4** Why do you think Mr. Thompson shut himself off for so long?

6 Read the other paragraphs (4, 5, and 6) of the story and answer the comprehension questions.

4

As Mr. Thompson became more involved in the community, he discovered a sense of purpose and fulfillment he had never experienced before. The villagers were amazed at the transformation they witnessed in him. The grumpy man had turned into a beacon of kindness and compassion.

5

Emily could see that love has the power to transform not only individuals but entire communities. As Mr. Thompson continued to immerse himself in community activities, he established a common garden where villagers could come together to grow fresh produce and share their harvest with those in need. The garden became a symbol of unity and a source of nourishment for both the body and soul.

6

Mr. Thompson's newfound purpose extended beyond the village. He reached out to old friends and family members, mending broken relationships and rekindling lost connections. Recognizing his remarkable transformation and the impact he had made, the villagers honored Mr. Thompson with a special ceremony. They presented him with an award for his kindhearted contributions and named the village school after him, symbolizing his dedication to creating a better village motivated by love and compassion that generate a ripple effect of goodness far beyond the people's own reach.

- 1** What did the village do to symbolize Mr. Thompson's dedication?
- 2** What powerful lesson did Mr. Thompson's journey teach?
- 3** How did Mr. Thompson turn into a beacon of kindness and compassion?
- 4** How did the villagers reward Mr. Thompson's kindheartedness?

- 7 The following are the lyrics of Bill Withers' 1972 song "Lean on Me," a prominent song about compassion and love. As you listen, fill in the blanks with the correct words from the word list below.

sorrow	bear	borrow	strong	tomorrow
lean	swallow	understand	pain	road



<https://youtu.be/Jrlhn1H1EWw?si=ki4E-Sbe8czWiulB>

Sometimes in our lives,
We all have, we all have
.....
But if we are wise,
We know that there's always

Lean on me when you're not
And I'll be your friend, I'll help you
carry on
For it won't be long
'Til I'm gonna need somebody to
..... on.

Please your pride
If I have things you need to
For no one can fill those of your needs
That you won't let show.

You just call on me, brother, when you
need a hand
We all need somebody to lean on.
I just might have a problem that you'll
.....,
We all need somebody to lean on.

If there is a load
You have to
That you can't carry
I'm right up the
I'll share your load
If you just call me.

Call me if you need a friend
Call me, call me, uh-huh
Call me when you need a friend
Call me if you ever need a friend
(...)

- 8 Listen to the song again and discuss the following questions.

- 1 What do you think the phrase "lean on me" means in the context of this song?
- 2 Why do you think the singer emphasizes the importance of supporting each other?
- 3 Can you think of a situation in your life where you leaned on someone for support? How did it feel?

CONCEPTS

- 1** Love is a broad term and there are many aspects to it. Below are some of them. Write the correct heading for different aspects of love.



People	Hobbies and Interests	Pets and Animals	Places
Beliefs and Values	Cultural Expressions	Human Connections	Art and Creativity
Food and Cuisine	Nature	Knowledge and Learning	Spirituality and Religion

- 1: Romantic love, family love, love for friends, and love for humanity in general.
- 2: Love for the natural world, including landscapes, animals, plants, and the environment.
- 3: Love for various forms of art, such as music, painting, literature, and more.
- 4: Love for cultural traditions, customs, and rituals.
- 5: Love for hobbies and interests, whether it's a sport, a craft, etc.
- 6: Love for specific places, such as a hometown, a favorite travel destination.
- 7: Love for one's deeply held beliefs, values, or principles that guide their life.
- 8: Love for one's faith, spirituality, or religious beliefs.
- 9: Love for different types of food and cuisines, and the act of sharing meals with loved ones.
- 10: Love for acquiring new knowledge, learning, and the pursuit of education.
- 11: Love for their pets and a deep connection with animals in general.
- 12: Love for the connections formed with other people through friendship, mentorship, or other forms of social interaction.

NOTE

Love and mercy are related concepts, but they have distinct differences: while love is primarily an emotional and sometimes behavioral response characterized by affection and care, mercy is a specific act of compassion and kindness shown to someone in need or in a vulnerable position. Love can inspire acts of mercy, as love often includes a deep desire for the well-being and happiness of the loved one, and showing mercy can be one way to fulfill that desire.

NOTE

Compassion and mercy are related concepts, but they have distinct differences: Compassion is a deep feeling of sympathy and understanding for the suffering of others, while mercy is the act of showing kindness, forgiveness, or tolerance to those in need. Compassion can be the motivation behind acts of mercy, as it underlies the desire to help those in need.

2 Read the following text and underline the forms of love.

Love comes in various forms, each unique and invaluable in its own right. Family love, the foundational cornerstone of our emotional landscape, provides us with a deep sense of belonging and security. It is a bond that transcends time and circumstance, connecting us to our roots and grounding us in the warm embrace of those who share our blood. A mother's love, in particular, is an epitome of selflessness and tenderness. It is a love that sacrifices without hesitation, nurturing us from the moment we take our first breath. The love of children is a unique and special kind of love. It is a love that is unconditional, pure, and innocent. It is a love that is selfless and full of wonder and joy. Children have a way of bringing out the best in us, and their love has the power to heal and transform us. Sibling love, born of shared experiences and endless memories, is a lifelong friendship. It's a relationship that can weather the stormiest of arguments and still come out stronger. Friends, too, offer a unique love. Friends' love is the tapestry of shared laughter, inside jokes, and the comforting presence of companionship. It's a love that we choose, making it all the more special.

There are other forms of love that should also be pointed out. The love of nature, found in the rustling leaves, the roaring ocean, and the vibrant blooms, reminds us of the beauty and harmony of the world around us. Animal love is a testament to the unconditional love and companionship our furry, feathered, or finned friends provide. Their loyalty knows no bounds, and in their eyes, we find a love that speaks to the purity of the heart. The love of country, often referred to as patriotism, is a deep and emotional attachment to one's homeland, its people, culture, and values. And for those who follow a faith tradition, love of God transcends the earthly realm, providing solace and guidance in times of spiritual seeking.

There are also other forms of love that we should be careful about because when they become excessive, it can shadow our true values. Love of position or ambition for office, love of goods or property, love of the world and love of being famous go into this category. For example, if love of goods become excessive, compassion and mercy remind us of the importance of providing a helping hand and reaching out to those who are less fortunate.

To conclude, in this intricate tapestry of life, love and compassion serve as the guiding principles that help us navigate its complexities. They remind us to cherish the bonds we share, honor our connections to the world around us, and practice empathy and understanding in our journey through life. Love and compassion, in their many forms, make us more complete, more human, and more connected to the world and the people we share it with.

3 Find the opposites of the following concepts of love and compassion. You can find more than one.

4 How can you define a mother's love for her children? Is it different or the same when you think of animals? Explain in a short paragraph.

5 What potential consequences can arise from an excessive attachment to material possessions and social status, and what strategies can one employ to reduce such attachment?

6 There are some concepts to provide a broader understanding of love and compassion and show various ways in which these emotions are expressed in human interactions and relationships. Discuss with your friends. Can you name and define them?

7 What is the relationship between trust and love? Does trust precede love or does love precede trust? What do you think?

POWERFUL WORDS

- 1 Read the quote and its explanation below. Reflect on a personal experience where you either received or witnessed an act of compassion.

“Compassion brings us to a stop, and for a moment, we rise above ourselves.” – Mason Cooley

The transformative power of compassion in human interactions is not merely an emotion but an empathetic response that transcends individual concerns and connects us deeply with others.

The quote suggests that when we experience true compassion, it has a profound impact on our behavior and perspective. It brings us to a short pause, interrupting the usual flow of our thoughts and actions. In this pause, we could step outside of ourselves, to briefly go beyond our own concerns.

Compassion inspires us to look beyond our own needs and desires and to recognize the suffering or challenges of others. It encourages us to empathize with their experiences, to imagine walking in their shoes, and to recognize our shared humanity. In this act of empathetic understanding, we rise above our individual selves, expanding our perspective to include the experiences and well-being of others.

Moreover, compassion has a transformative effect on us. It elevates us, even if momentarily, to a higher level of awareness and morality. In those moments of genuine compassion, we may find ourselves acting with greater kindness, generosity, and selflessness than we thought possible. We become more in harmony with the needs of others and more willing to extend a helping hand or offer support.

Finally, compassion is a powerful force for connection and healing in the world. It has the capacity to bridge divides, remove barriers, and improve deeper understanding and empathy between individuals. By embracing compassion, we not only uplift others but also elevate ourselves, rising above our own self-interests to represent the best of our humanity.

Mason Cooley (1927 – 2002) was an American author known for his short and witty sayings. He was professor emeritus of French, speech, and world literature at the College of Staten Island.

- 2 Read the following and discuss how people can create a loving and harmonious community.

“Love your neighbor as yourself.” – Jesus Christ

It means that we should treat others with the same love, respect, and kindness that we would want for ourselves. This commandment emphasizes the importance of empathy and compassion towards others, regardless of their background, beliefs, or social status. It encourages us to put ourselves in other people’s shoes and treat them with the same care and consideration that we would want for ourselves. By doing so, we can create a more harmonious and loving community where everyone feels valued and respected.

- 3 Read the poem and the explanation and answer the following questions.

A Poem About Love

“Love, a binding of all things,
Filling all, absorbing all,
A self-revealing, self-concealing,
Creating, destroying all,
A bearer of judgement, a carrier of all meaning,
Love, I am with you too.”

From Leaves of Grass a collection of poems by Walt Whitman

This poem conveys the idea of love as a transformative force. Let's break down its meaning:
“Love, a binding of all things”: This line suggests that love has the power to unite and connect everything in the world. It's a force that can bring people, and perhaps all elements of existence, together.

“Filling all, absorbing all”: Love is described as something that fills and absorbs all aspects of life. It's not limited or confined; instead, it permeates and saturates everything it touches.

“A self-revealing, self-concealing”: Love is paradoxical. It can be open and revealing, but it can also be elusive and mysterious. It's both visible and hidden, depending on the context or the individuals involved.

“Creating, destroying all”: Love has the power to create new connections and experiences, but it can also disrupt or destroy existing ones. It's a force of creation and change, often bringing about both joy and pain.

“A bearer of judgment, a carrier of all meaning”: Love is described as a source of judgment and meaning. It has the power to influence and shape our understanding of the world and our experiences. Love carries profound significance.

“Love, I am with you too”: The poet acknowledges their presence alongside love. This line suggests a personal connection or relationship with love, indicating that the poet is not merely an observer but actively engaged with love.

As a conclusion, love is a universal and transformative force that binds all things together, with the power to form, destroy, reveal, conceal, judge, and give meaning.

- 1 Do you agree with the poet that love has the power to change everything it touches?
- 2 How does love become a source of judgement and meaning? Give your opinions.
- 3 How can love be destructive and formative?
- 4 Do you think the poet is an observer or supporter of love?



Walt Whitman (1819-1892): He was an American poet, essayist, and journalist. He is considered one of the most influential poets in American history and is often called the father of free verse. His major poetry collection, *Leaves of Grass*, was first published in 1855 and became well-known. During the American Civil War, he went to Washington, D.C., and worked in hospitals caring for the wounded.

- 4 The Seven Advices of Rumi represent a timeless collection of teachings that have been transmitted through generations and continue to be held in high esteem today. They encapsulate the universal principles shared by all religions and reflect the loftiest ideals of humanity. Look at the pictures and complete the table.

be like the dead.

be like the river.







be like the night.

be like the sun.

be like the ocean.

be like the soil.

Seven Advices of Rumi

1	In generosity and helping others:		
2	In compassion and grace:		
3	In concealing others' faults:		
4	In anger and fury:		
5	In modesty and humility:		
6	In tolerance:		
7	Either you appear as you are,	or:	<i>be as you appear.</i>

- 5 What was Rumi's intended message when he expressed the idea of "either you appear as your, or be as you appear"? Write a composition and share it with your friends.

- 6 Form groups of three and choose one of the quotes below. Discuss the quote among you. Choose a representative and explain what you understand in the class.

- "Life is the flower for which love is the honey." – Victor Hugo
- "To love and be loved is to feel the sun from both sides." – David Viscott
- "The one who loves a rose must bear with the thorn." – Yunus Emre

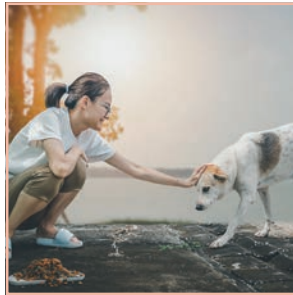


REFLECTIONS

- 1** Please answer the following questionnaire based on your own thoughts. Afterward, randomly form groups of 5 in your class. Share the questionnaire items you've answered with your group members. Finally, write down the thoughts that most influenced you from this questionnaire and share with your group.

- 1 How do you show love and compassion to yourself? For example, how do you support yourself when facing a challenge?
- 2 How do you show love and compassion to your family?
- 3 Why do you think showing love and compassion within the family is important?
- 4 Is love and compassion important for preserving natural life? Explain with reasons.
- 5 How can we demonstrate more love and compassion to people? Explain with examples.
- 6 What are the most significant barriers to love and compassion?
- 7 If you were to paint a picture that represents love and compassion, what would be the first theme you'd choose? Why?

**GROUP
WORK**



OR



- 2** Please follow the instructions below to solve the cryptogram puzzle. Once you've solved the puzzle (a sentence) write it down and have a 5-minute classroom discussion about it.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	6	25	20	4	9	10	19	12	21	7	11	3	23	15	13	1	17	18	16	22	5	8	2	26	24

12	9	26	15	22	8	14	23	16	15	16	19	4	17	18	16	15	6	4	19	14	13	13	26	

13	17	14	25	16	12	25	4	25	15	3	13	14	18	18	12	15	23	12	9	26	15	22	

8	14	23	16	16	15	6	4	19	14	13	13	26	13	17	14	25	16	12	25	4	

25	15	3	13	14	18	18	12	15	23	

FURTHER READING

1 Read why love and compassion become necessities, not luxuries, and discuss the following questions.

- 1 How are empathy and sympathy different from one another according to the following passage?
- 2 Why is it crucial for individuals to have both empathy and compassion in their interactions with others, especially during challenging times or crises?
- 3 In what ways can society encourage and promote empathy, not just as a personal quality but as a collective value that leads to a more compassionate world?

“Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.”

WHY and WHEN?

WHY do love and compassion become necessities? As human beings, we all face various kinds of hardships, troubles, pains, and sorrows in our lives. These are common to everyone, regardless of the degree or the source. If we only care about our own problems and miseries, we would lose our sense of connection with others. This is why compassion is so important. When we try to understand the feelings and emotions of others when they are suffering, we naturally want to help them. Or at least, we avoid making their situation worse. Empathy and compassion are more needed than ever in our world. It's important to understand that these are not the same as sympathy. Those who are in distress don't want sympathy; what they really need is empathy. To try to relate to their feelings and offer any kind of support is what really matters. This is why love and compassion should be seen not as optional but as essential virtues.

WHEN do love and compassion come into play? Love and compassion are not tied to specific moments or situations; they are inherent to our fundamental human nature. In essence, being human means possessing empathy, love, and compassion as part of our core traits. When we encounter an individual who is going through a tough time or is in pain, our instinct should be to place ourselves in their position and genuinely try to grasp their emotional state. This self-awareness guides us toward the right course of action.

For instance, if we come across someone with a physical disability, the reaction should be filled with compassion. It's important to note that our goal is not to feel sorry for him or her but to relate to his/her emotions. The key is to comprehend the challenges the disabled people face and alleviate their suffering by being authentically empathetic. We should interact with them in a way that makes them feel accepted, without engaging in actions that might dishearten them. Moreover, when we spot a pregnant woman on public transportation, it's a shared responsibility to offer her a seat. It's an expectation for all individuals.

2 Read the passage again and think about the situations or moments to show your love and compassion. Make a list and share your thoughts with the class.

3 Read the following story and write a conclusion paragraph.

“Love is not just a word, but a deed.”

This tale illustrates the difference between those who only talk about love and those who truly practice it. Let’s go have some soup!

In a meal gathering, one of the wise men was asked a question: “What is the difference between those who only speak of love and those who live it?”

The wise man said, “Let me show you.” First, he gathered those who couldn’t bring love from words to the heart. They all sat down, and warm soups were served in a pot. Then, they were given serving spoons with long handles, each about a meter long. The wise men imposed a condition, saying, “You must hold the spoons only by the end.” They agreed and wanted to drink the soup, but the spoons were too long, and they couldn’t manage; they kept spilling it. Eventually, they gave up and left the table still hungry. The wise men then invited those who truly understood love to the table. People with bright faces and eyes filled with love came and sat at the table. The same spoons were provided once again. The ones at the table dipped their spoons into the soup, then extended them to their brothers across from them, feeding each other. Everyone nourished one another and left the table with gratitude.

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Video link: <https://www.youtube.com/watch?v=qhU5JEd-XRo>