

Compassion by Miller Williams

Have compassion for everyone you meet,
even if they don't want it.
What appears bad manners,
an ill temper or cynicism
is always a sign of things no ears have heard, no eyes have seen.
You do not know what wars are going on down there
where the spirit meets the bone.

Reinterpretation for self-compassion (Germer & Neff)

Have compassion for yourself,
even if you don't want it.
What appears bad manners,
an ill temper or cynicism
could be a sign of things your ears could no longer hear,
your eyes have since overlooked.
You may not know what wars are going on down there
where the spirit meets the bone.

~*~

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