

Dear Friend,

Thanks for sharing the quote you saw :

"If compassion does not include yourself, it is incomplete" - [source unknown]

That's wonderful - I wrote a haiku once when I was feeling like a failure romantically - it goes :

So forget love then

Flow with quiet compassion

Please include yourself

Compassion has to include being kind and patient with yourself, otherwise you are missing the point of the spring that compassion flows from - that we are all interconnected and one.