

I
am
sad when
beings suffer.
I feel so helpless.
Won't compassion
make me feel depressed?
Compassion = understanding
others' suffering + urge to help them.
We reduce our own suffering when we
find ways to help other beings, when we
generate merit and share it, and when we chant
and pray for wellbeing of others. It feels good to know
we are doing something to make the world a better place.
We each have a unique path and role to play. The stronger our
compassion, the more motivated we are to find ways to help others
and thus the more powerful a role we can play. But, am I neglecting
myself by focusing on others' welfare? The more we think of welfare of
other beings, the less self-absorbed we become. We forget our own difficulties,
feel more connected with others & act from the heart without seeking validation.
How can I have compassion for others, when I have so many of my own difficulties?
Our own challenges are a way we can understand and relate to difficulties of others.
Compassionate thoughts displace our negative thoughts – relieving us of judgmental
thoughts, angry thoughts, hateful thoughts. How can I have compassion for an arrogant
person? Consider that arrogance is a façade to protect their ego, which is a formidable
obstacle to true happiness. How to have compassion for an evil person? Think: they're
confused & lack awareness due to causes and conditions. In their past, negativity was
spread to them so they spread negativity to others. Consider the deep suffering they
face from the karmic results of their harmful actions. Wish that they soon find a
path to the Dharma. It helps you expand your compassion. When you expand
your heart to include all beings, you will become selfless and fearless.
Wish that all beings in all worlds be free from suffering.
When you expand your compassion, then you
expand your wisdom.
The teardrop becomes a flame of compassion.

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