

<p>The major block to compassion is the judgment in our minds. Judgment is the mind's primary tool of separation. ~Diane Berke in <i>The Gentle Smile</i></p>	<p>Compassion begins with the acknowledgment of the single inescapable truth that is the foundation for the possibility of love between human beings ~an awareness of the tragic sense of life. ~Sam Keen in <i>To Loved and Be Loved</i></p>
<p>A mind committed to compassion is like an overflowing reservoir — a constant source of energy, determination, and kindness. Or this mind can be likened to a seed; when cultivated, it gives rise to many other qualities, such as tolerance, inner strength, and the confidence to overcome fear and insecurity. ~His Holiness the Dalai Lama quoted in <i>Voices from the Heart</i> by Eddie Shapiro</p>	<p>For arousing compassion, the nineteenth-century yogi Patrul Rinpoche suggested imagining beings in torment — an animal about to be slaughtered, a person awaiting execution. To make it more immediate, he recommended imagining ourselves in their place. Particularly painful is his image of a mother with no arms watching as a raging river sweeps her child away. To contact the suffering of another being fully and directly is as painful as being in the woman's shoes. ~Pema Chödrön in <i>The Places That Scare You</i></p>
<p>In spiritual maturity, the opposite of injustice is not justice but compassion. ~Charlotte Joko Beck in <i>Nothing Special: Living Zen</i></p>	<p>Nonviolence means an ocean of compassion. It means shedding from us every trace of ill will for others. It does not mean abjectness or timidity, or fleeing in fear. It means, on the contrary, firmness of mind and courage, a resolute spirit. ~Mahatma Gandhi quoted in <i>Mohandas Gandhi</i> by John Dear</p>
<p>Our lack of compassion stems from our inability to see deeply into the nature of things. ~Kenneth S. Leong in <i>The Zen Teachings of Jesus</i></p>	<p>Compassion is a foundation for sharing our aliveness and building a more humane world. ~Martin Lowenthal in <i>Opening the Heart of Compassion</i></p>
<p>When you look deeply into your anger, you will see that the person you call your enemy is also suffering. As soon as you see that, the capacity of accepting and having compassion for him is there. Jesus called this "loving your enemy." When you are able to love your enemy, he or she is no longer your enemy. The idea of "enemy" vanishes and is replaced by the notion of someone who is suffering and needs your compassion. ~Thich Nhat Hanh in <i>Living Buddha, Living Christ</i></p>	<p>Compassion is characterized by warmth. This warmth is not fabricated or generated; it emerges naturally in the absence of aggression. Compassion is not another way of waging war and harming ourselves or others. It relinquishes the false glory of bloodshed and battle in favor of the true glory of nonaggression. It is a practice of inner disarmament. The warmth of compassion is not a defense against hatred; it is a transformation of hatred. Compassion is none other than the energy of aggression and hatred released from the ego's narrow and fearful grasp. ~Aura Glaser in <i>A Call to Compassion</i></p>

<p>Compassion and pity are very different. Whereas compassion reflects the yearning of the heart to merge and take on some of the suffering, pity is a controlled set of thoughts designed to assure separateness. Compassion is the spontaneous response of love; pity, the involuntary reflex of fear. ~Ram Dass in <i>How Can I Help?</i></p>	<p>Compassion has been advocated by all the great faiths because it has been found to be the safest and surest means of attaining enlightenment. It dethrones the ego from the center of our lives and puts others there, breaking down the carapace of the selfishness that holds us back from an experience of the sacred. And it gives us ecstasy, broadening our perspectives and giving us a larger, enhanced vision. ~Karen Armstrong in <i>The Spiral Staircase</i></p>
<p>Compassion and justice are companions, not choices. ~William Sloane Coffin in <i>Credo</i></p>	<p>Compassion automatically invites you to relate with people because you no longer regard people as a drain on your energy. ~Chögyam Trungpa</p>
<p>We have a pretty good ear for the music of compassion when the notes are life and death, but it's another thing to play it on the three-stringed instrument of life, liberty, and the pursuit of happiness. ~Garret Keizer in <i>Help: The Original Human Dilemma</i></p>	<p>Compassion is the antitoxin of the soul: where there is compassion even the most poisonous impulses remain relatively harmless. ~Eric Hoffer</p>
<p>Compassion allows us to use our own pain and the pain of others as a vehicle for connection. This is a delicate and profound path. We may be adverse to seeing our own suffering because it tends to ignite a blaze of self-blame and regret. And we may be adverse to seeing suffering in others because we find it unbearable or distasteful, or we find it threatening to our own happiness. All of these possible reactions to the suffering in the world make us want to turn away from life.</p> <p>In contrast, compassion manifests in us as the offering of kindness rather than withdrawal. Because compassion is a state of mind that is itself open, abundant, and inclusive, it allows us to meet pain more directly. With direct seeing, we know that we are not alone in our suffering and that no one need feel alone when in pain. Seeing our oneness is the beginning of compassion, and it allows us to reach beyond aversion and separation. ~Sharon Salzberg in <i>The Kindness Handbook</i></p>	<p>Twenty years ago I met a man from Montana who watched the news on television and read the newspapers because he said that doing so awakened his heart of compassion. Although not particularly interested in the news itself, he found these two forms of media rich sources for cultivating his growing sense of care for and connection to people, animals, landmasses, oceans, forests, and countries all over the planet. He went on to say that he would sit down in his living room, watch or read about some atrocity occurring in some part of the world, and feel his pain, his impulse to turn away, and, in turn, his sense of connection with all of these beings.</p> <p>~Saki Santorelli in <i>Heal Thy Self</i></p>
<p>People may pay lip service to compassion but often they would prefer to be right.~Karen Armstrong</p>	<p>I have just three things to teach: simplicity, patience, compassion. These three are your greatest treasures.</p> <p>~Lao Tzu</p>

