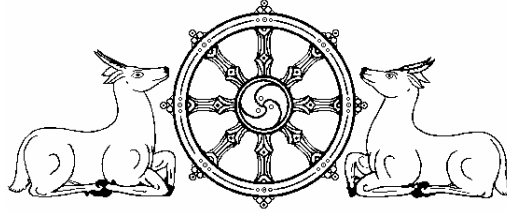


Compassion



True compassion is not just an emotional response but a firm commitment founded on reason. Therefore, a truly compassionate attitude towards others does not change even if they behave negatively.

It contributes to good physical health as well. According to my personal experience, mental stability and physical well-being are directly related.

If you want others to be happy, practice compassion. If you want to be happy, practice compassion.

People often think that practising tolerance, kindness and compassion is good for the recipient, but that when it comes to achieving your own goals we must put ourselves first. I think this is an incorrect view. In actual fact, the maximum benefit of practising warm-heartedness and compassion goes to the practitioner and not to the object of compassion.

If you only think about yourself and do not care about others, you will eventually feel a deep sense of insecurity, fear and uncertainty inside. Your inner door closes and it becomes very difficult to communicate with your fellow human beings. But if you think more about others, are friendly towards them and remain truthful and open, you will feel less insecurity, fear and doubt. Although some mischievous people may take advantage of you, generally people will respond well to your genuine feelings and your life will be much happier as a result.

His Holiness, The Dalai Lama of Tibet