

Compassion

Dictionary definitions of compassion include “to suffer together with another” and “to have pity on another”. But the call now evoking response in humanity is to express a compassion that goes beyond the duality implied in the “suffering together” or the superior/inferior relationship implied in “pity for another”.

In the extremity of human crisis, as we move into the Aquarian Age, a far deeper compassion is being demanded of us. In our response to that call we can no longer stand upon our familiar, dualistic thinking, saying with the Biblical character, “I thank thee I am not as other men”.

Rather, the compassionate heart sees “others as they see themselves” and at the same time sees all individuals, tribes, religious institutions and national entities in a timeless whole. It is a timelessness in which the long past history with its mixture of bad and good has formed the outer differences and inadequacies of present events and relationships. But in that same seamless robe of time it is compassion which enables us to use the pain of human suffering to reveal the underlying love and to bring to light the subjective synthesis which will mark the beauty of human relationships in the Aquarian Age.

It is because compassion includes the intuitive understanding of the inner (and often secret) soul purpose of the individual, tribe or nation that the sense of separateness is killed at its root.

Compassion prompts right understanding of the opposites in our civilisation which now stand face to face. Public opinion is formed as the clear light of compassion is thrown on the depths of depravity and the heights of unselfish action. And it is compassion and only compassion that will tip the balance and drive us to the fearless expression of the basic law of evolution) the Law of Service.

In the extremity of crisis now being experienced, the qualities of compassion and insight are being invoked and evoked as never before. These fiery qualities foster inclusiveness and the power to see things as others see them. How essential is that fire in our world of today. As servers in the Triangles network let us strive to strengthen these precious qualities in the aura of humanity.

Thoughts on Compassion

Wisdom is the bliss of seeing through the delusion of self-preoccupation to reveal the underlying dimension of freedom. Compassion is the expression of such bliss to others. Compassion is also sensitivity to others' suffering. It sees them imprisoned in self-involvement, and reaches out to show them the way to freedom.

Robert A.F. Thurman

Intuition is a comprehensive grip of the principle of universality, and when it is functioning there is, momentarily at least, a complete loss of the sense of separateness. At its highest point, it is known as that Universal Love which has no relation to sentiment or to the affectional reaction but is, predominantly, in the nature of an identification with all beings. Then is true compassion known; then does criticism become impossible; then, only, is the divine germ seen as latent in all forms.

Alice Bailey

Suffering in all cases may be considered a blessing, because it refines our feelings and teaches us great compassion. Joy alone cannot give depth to the feelings. Therefore, the combination of these two opposites is essential for the consummation of the path.

Helena Roerich

Compassion is no attribute. It is the Law of laws) eternal harmony ... a shoreless universal essence, the light of everlasting right, and fitness of all things, the law of love eternal.

The more thou dost become at one with it, thy being melted in its being, the more thy soul unites

with that which is, the more thou wilt become compassion absolute.

H.P. Blavatsky

Compassion is defined as that which makes the hearts of the good quiver when others are subject to suffering, or that which dissipates the sufferings of others. Its chief characteristic is the wish to remove the woes of others....

The hearts of compassionate persons are even softer than flowers. They do not and cannot rest satisfied until they relieve the sufferings of others.

It is compassion that compels one to serve others with altruistic motives. A truly compassionate person lives not for himself but for others. He seeks opportunities to serve others expecting nothing in return, not even gratitude.

Mahathera Narada

Compassion is the very nature and fabric of the structure of the Universe itself, the characteristic of its being; for compassion means "feeling with", and the Universe is an Organism, a vast and mighty organism, an organism without bounds, which may otherwise be called Universal Life-Consciousness.

G. de Purucker

We feel with and for each other because we are really one with each other. In the valuation of deeds Compassion is the touch-stone which divides them into good and evil. It is no local, temporary human code; it is the voice of the Cosmos heard in the ear.

Lotus Hare

Real love is not based on attachment, but on altruism. In this case your compassion will remain as a humane response to suffering as long as beings continue to suffer.

This type of compassion is what we must strive to cultivate in ourselves, and we must develop it from a limited amount to the limitless. Undiscriminating, spontaneous, and unlimited compassion for all sentient beings is obviously not the usual love that one has for friends or family, which is alloyed with ignorance, desire, and attachment. The kind of love we should advocate is the wider love that you can have even for someone who has done harm to you: your enemy.

The rationale for compassion is that every one of us wants to avoid suffering and gain happiness.

H.H. The Dalai Lama

The Planetary Network

The planetary network of light, love and service is transforming the mental climate of the planet, reorientating humanity to spiritual attitudes and values. The groups and activities reported in the Bulletin reflect different aspects of the network. Please send information on any

Meditation Room at the UN

In the United Nations headquarters in New York there is a Meditation Room. It is to be found in an alcove to one side of the large public foyer. This small room for reflection and meditation is open to the public upon request, depending on the availability of UN personnel. The room is simple in its design. It features a large block of iron ore, shaped as an altar, and an abstract painting by Swedish artist, Bo Beskow. Dag Hammarskjöld (a former United Nations Secretary-General) was instrumental in the founding and design of this room. The following is a transcript of the address given by him on the opening of the Meditation Room.

We all have within us a centre of stillness surrounded by silence. This house dedicated to work and debate in the service of peace, should have one room dedicated to silence in the outward sense and stillness in the inner sense.

It has been the aim to create in this small room a place where the doors may be open to the infinite lands of thought and prayer.

People of many faiths will meet here, and for that reason none of the symbols to which we are accustomed in our meditation could be used.

However, there are simple things which speak to us all with the same language. We have sought for such things and we believe that we have found them in the shaft of light striking the shimmering surface of solid rock.

So, in the middle of the room we see a symbol of how, daily, the light of the skies gives life to the earth on which we stand, a symbol to many of us how the light of the spirit gives life to matter.

But the stone in the middle of the room has more to tell us. We may see it as an altar, empty not because there is no God, not because it is an altar to an unknown god, but because it is dedicated to the God whom man worships under many names and in many forms.

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Little by little, a planetary prayer book is thus being composed by an increasingly united humanity seeking its oneness, its happiness, its consciousness, its peace, its justice and its full participation in the continuous process of creation and miracle of life.

The stone in the middle of the room reminds us also of the firm and permanent in a world of movement and change. The block of iron ore has the weight and solidity of the everlasting. It is a reminder of that cornerstone of endurance and faith on which all human endeavour must be based.

The material of the stone leads our thoughts to the necessity for choice between destruction and construction, between war and peace. Of iron man has forged his swords, of iron he has also made his ploughshares. Of iron he has constructed tanks, but of iron he has likewise built homes for man. The block of iron ore is part of the wealth we have inherited on this Earth of ours. How are we to use it?

The shaft of light strikes the stone in a room of utter simplicity. There are no other symbols, there is nothing to distract our attention or to break in on the stillness within ourselves. When our eyes travel from these symbols to the front wall, they meet a simple pattern opening up the room to the harmony, freedom and balance of space.

There is an ancient saying that the sense of a vessel is not in its shell but in the void. So it is with this room. It is for those who come here to fill the void with what they find in their centre of stillness.

Robert Muller

Simplicity in Service

How simple the Triangles work is. Three people agree to link in thought each day and use the Great Invocation. They visualise love and light radiating from the triangle they create. Imaginatively they see their triangle as part of the network of all such triangles encompassing the globe and ceaselessly pouring love and goodwill into the hearts and minds of the human family. How simple yet how potent and effective.

This simplicity itself is a challenge, for there is no complicated procedure or organisation to promote the work. It spreads mostly through our own efforts. New triangles are formed and the network grows when triangle members tell others about the work and they choose to participate.

The radiance of the network depends on us. As we increase our capacity to love, as we think with greater wisdom and clarity, the light and goodwill flowing through our triangle becomes more radiant and magnetic.

Our tiny unit within the global network then glows brighter, illumines a wider area and the network as a whole is enriched. When our hearts are touched by the needs of the world, by the sorrows and the hopes of those who suffer, by the vision of 'what could be', we want to help more. We inspire the network as we bring this compassion, this fiery love into our Triangles work and, by so doing, affirm its direct and immediate usefulness in addressing the crises of our world. For these crises are essentially spiritual in nature, and right response depends first of all upon sufficient love and goodwill.

This is the challenge: to see that the network glows ever more brightly and that its influence is more potently present in human consciousness. Our service in Triangles does not take much time but our experience of the livingness of the network shows us, in these few minutes each day, how precious this work is and how fortunate we are to participate in the world service it embodies.

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Compassion is the bridge, the spiritual foundation for peace, harmony and balance Once we recognize all that we have in common with others, a feeling of compassion naturally arises and we can no longer treat other people with such indifference. We more easily understand their problems, and as we learn how to heal ourselves, we begin to use our knowledge to help them as well.

Tarhang Tulku

Triangles is a world service activity in which people link in thought in groups of three to create a planetary network of triangles of light and goodwill. Using a world prayer, the Great Invocation, they invoke light and love as a service to humanity. Further information is available on request from Triangles. The Triangles Bulletin is for men and women of goodwill and is published four times a year in Danish, Dutch, English, French, German, Greek, Italian, Polish, Portuguese and Spanish. Triangles is an activity of the Lucis Trust, a non-profit educational charity which exists to promote right human relations.

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