

November 11, 2005

### *The Power of Compassion*

*A letter to my friends and disciples with whom I have a karmic connection:*

*Today I am going to talk about dealing with the Power of Compassion.*

*Tönpa Shenrab has said that the Essence or root of Bon is Compassion. For this reason, it is indispensable that practitioners of Bon and Buddhism meditate and reflect on Compassion.*

*In general, Compassion not only exists naturally from the beginning within the mind of all beings, but everyone has the power and the means to increase it. Every being aspires to happiness and wants to avoid suffering. But because one does not know the proper meaning of Compassion, the world is filled with war and quarrels. Consequently, all the unbearable damage and destruction caused to nature is mainly the outcome of not knowing the real meaning of Compassion.*

*Thus, "Compassion" is not simply an egoistic compassion but it is the spiritual motivation to love all sentient beings.*

*Thus, since nobody wants to suffer, one should never bring any harm to the body, speech or mind of any being and ultimately, one should not even think of doing so mentally. Tönpa Shenrab said: "Taking one's own body as an example, One should not hurt other beings. "*

*In our tradition, it is explained that there is not one single living being which has not been one's father or mother during past lives. Our parents are those who bring us the most benefit when we grow up; thus instead of causing them harm, one should support them and repay their kindness.*

*Moreover, as it clearly appears in the texts of our tradition, one can easily reach this state if one trains one's mind on Compassion.*

*In general, what one calls "Compassion" is not simply a topic regarding being religious or not, it is linked to one's own life. When one becomes altruistic and endowed with Compassion, one's entire life-time is spent in well-being and similarly, one's good actions will certainly increase the prosperity and the continuous happiness of one's relatives and friends.*

*Causing harm with one's body (such as beating or killing beings), causing harm with one's speech (such as telling lies, using deceitful and harsh words to others or never speaking to them gently with kind words), causing harm with one's mind (such as having evil intentions to hurt others through a motivation based on the five poisons,*

*or thinking of stealing other people's happiness) -- such things should never be done. One should make the firm commitment to not hurt others, but rather to strive for their benefit with an altruistic mind.*

*It is clear that the stability of one's environment mainly depends on the proper conduct of human beings, so even if you are not a great practitioner, you will become an excellent one if you apply these teachings to your life. This is the essence of the inner meaning of the texts of one's tradition and there is really nothing else than this.*

*Thus, it is this which I invite you to reflect upon.*

*Menri Ponlob Trinley Nyima*