
compassion, and how it can be a source of lasting peace and happiness for all beings including ourselves. When we talk about changing society and changing people in the world, it all starts from our own self. If we cultivate love and compassion and we engage in this act of benefitting others, then that inspires others to do the same. This is how we can share and promote love and compassion throughout the world.

Meditation practice should not be separated from how we live our lives, rather it should be closely interwoven with our lives and that's how it can make a difference to our lives. I consider meditation practice as a means to produce a good person, a good human being, a calm person, a good-natured person. In particular, the meditation on love and compassion is an indispensable tool for developing these good qualities as a human being. In such a positive way, this love and compassion can transform us, and also it effectively prevents a lot of suffering such as suffering because of loneliness, a sense of rejection and helplessness etc. Many friends, helpers and admirers always surround a loving and compassionate person.

On the other hand, nobody would trust or want to be a friend of a selfish person who lacks a sense of care and consideration for others and who always focused on their own self-interest. If he or she faces difficulties, or is in need of help, no one will want to support them. So without cultivating and nurturing love and compassion for others, then our own life will become so miserable, so lonely and empty.

Looking into our relationships, if there are some elements of love and compassion in the relationship, then there is a great deal of mutual benefit. I can categorically say that in a relationship between two partners, love and compassion is never a cause of conflict and tension! Rather the relationship breakdown and problems in it arise as love and compassion between the two parties begins to diminish. So whether we talk of individual lasting peace and happiness or we talk of living with other people, the most important factor for peace and happiness is to bring love and compassion into the relationship.

You can see even when animals like dogs and cats show love to each other, they become very close friends. This all shows when someone shows love to others then they don't feel any threat to their life, but they feel very safe and enjoy each other companionship. It is the nature of all living creatures to want to be close to beings who show them love. When we show love to animals, they react, and respond with the same love and friendship; they know how to acknowledge and appreciate someone who shows them love and compassion.

I once he saw on a Channel Ten TV show, a doctor who was taking good care of a little lamb. Eventually he tried to free it so it could go its own way, but the lamb kept coming back and began to jump up and down in a playful manner, hoping the man would to keep it. So if you look around you can see the effect of love and compassion and what it can do to others. It is amazing how it has the power to make other beings feel so peaceful and so safe and protected.

Another time I saw a man who was close to a lion. On one occasion as part of their playful game the lion opened his mouth wide, and the man stuck his head inside. Can you imagine the trust in their relationship? We as human beings are supposed to be more intelligent and have more of a sense in knowing who is benefitting and who is harming us. We can see the benefit of love in building trust, harmony and stability in our existing relationships, bridging any gap in our relationships and building new relationships.

So at this point we better begin the meditation because if I continue talking as usual, then one thing leads to another, and something else comes out from that topic and it goes on and on. So we will just stop here and do the meditation.

The meditation is just on breathing. We'll do this for a short time. Just begin with fully relaxing your body again; feel comfortable and try to get rid of distracting thoughts completely out of your mind. In this way you can direct your complete mental attention just on the incoming and outgoing breath. And as much as possible during this short meditation, keep your mind on the inhaling and exhaling of the breath. If you get distracted, then just keep bringing the mind back to the inhaling and exhaling.

Now we will chant the Buddha's mantra, again making sure you keep the mind inward and direct your focus on the sound of the mantra without being distracted by any other object.

TAYATHA OM MUNI MUNI MAHA MUNAYE SOHA

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