



So there are many reasons why it is important for us to cultivate and develop a strong, compassionate mind. Our own life is dependent upon the support and friendship of others, we'd find our lives very difficult if we had to live completely alone. We can see how much we benefit when we enjoy harmonious relationships with others. This harmony brings joy to us as well as to others.

On the other hand, disharmony or disputes within relationships can be a great source of problems in ours and in others' lives. With this in mind, we should examine and investigate the causes that brings harmony or disharmony within our relationships. The causes have much to do with our mental attitudes and the actions they cause, which determines the state of our relationships. We have to think of what we can do to improve our daily actions. The best thing we can do is to show true love and compassion towards others. We have to understand that we learn this text and we study the teachings as a means to bring more compassion into our day to day life.

For example, we are upset when hearing abuse from a friend, and this is because we have used abusive words to them - and others - in the past. If you think about your own personality when you get angry at others and abuse them, then you can come to understand that your friend has a similar problem to you in getting angry and speaking harshly. Even if you were to look for a new companion, you'd be unable to find one who doesn't get angry and who can completely discipline his or her speech.

Another way of thinking is to focus on the situation of the other person. The fact that your friend is in a bad mood or in a bad temper is a clear indication that they are not happy. It is clear that there is some need that is not being fulfilled in the mind of your friend. As you begin to see their desperate situation, it is possible to feel sympathy and show some compassion. Instead of being concerned about yourself, you start to feel concerned about your friend's situation. At the least, you don't want to make it worse. Having some understanding of your friend's situation makes it possible for you to be calmer and more mindful to not over-react.

If your friend's main problem is a short temper, then the best way to help the person is to always show gentleness in your mental attitude and in your actions. Sometimes the short temper of a friend is calmed down by the offering of a delicious meal, or even just creating a pleasant environment.

The most important reason to practise cultivating compassion is that compassion is the root cause of our joy and happiness. Even peace in the world has to come from the promotion of compassion in the mind of all the beings living in the world.

So we will finish the teaching here, and as usual we will chant the Buddha's mantra. So please choose a relaxing meditation posture, try to stabilise the mind inward and then focus on the sound of the mantra.

*TAYATHA OM MUNI MUNI MAHA MUNAYE SOHA*

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