

“In a real sense all life is inter-related. All men are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly. I can never be what I ought to be until you are what you ought to be, and you can never be what you ought to be until I am what I ought to be... This is the inter-related structure of reality.”

Martin Luther King Jr.

". . . one realizes there is no self, separate from others . . . Everyone is seen as just like oneself, not a permanent independent entity but an interdependent, karmically conditioned temporary conglomeration of forces. So one alleviates suffering and distress wherever it appears, within or without, whether for oneself or others. Why wouldn't you? No one wants suffering, right?

Nyoshul Khenpo

“The ways that we destroy our equanimity on a daily basis are so normal that often they go unnoticed. We smile at someone, and if they don't smile back, we take it personally. We don't even consider that this person may have just learned that a loved one has died, or that they failed an exam at school, or perhaps they just lost their job. Our own self-preoccupation blocks that possibility. Or we arrange to meet someone at a restaurant, and after twenty minutes we're ready to walk out because we're so annoyed that they have kept us waiting. We could pray that their car has not crashed or that they did not fall on the winter ice, but we're already identified with the projection that they have treated us disrespectfully. Intellectually we know from previous experiences that our friend's lateness probably has nothing to do with us, but the habit of taking things personally is hard to break. To benefit from this path, nothing is more important than recognizing that we often create our own problems.”

Mingyur Rinpoche

“Space accommodates all perfections and imperfections. Likewise, the basis of loving kindness, compassion, equanimity, and joy arises when you can rest within an attitude that accommodates others as they are. Your cultivation of kindness is without demands and expectations; it is especially without strategies or plans for applying that loving kindness and compassion.”

Khandro Rinpoche