

“From this point of view, the practice of the Four Immeasurables does not progress from loving kindness to compassion to joyfulness and equanimity. It begins with equanimity. The first thing you practice is resting your mind closer and closer to its innate nature. Mind then recognizes its nature to be none other than the flow of loving kindness, compassion.....”

Khandro Rinpoche

But, the best part of all is that no matter how long you meditate, or what technique you use, every technique of Buddhist meditation, ultimately, generates compassion, whether we're aware of it or not. Whenever you look at your mind, you can't help but recognize your similarity to those around you. When you see your own desire to be happy, you can't avoid seeing the same desire in others, and when you look clearly at your own fear, anger, or aversion, you can't help but see that everyone around you feels the same fear, anger and aversion. When you look at your own mind, all the imaginary differences between yourself and others automatically dissolve...

Mingyur Rinpoche from *The Joy of Living*

Maybe –

There is a Taoist story of an old farmer who had worked his crops for many years. One day his horse ran away. Upon hearing the news, his neighbors came to visit. "Such bad luck," they said sympathetically. "May be," the farmer replied. The next morning the horse returned, bringing with it three other wild horses. "How wonderful," the neighbors exclaimed. "May be," replied the old man. The following day, his son tried to ride one of the untamed horses, was thrown, and broke his leg. The neighbors again came to offer their sympathy on his misfortune. "May be," answered the farmer. The day after, military officials came to the village to draft young men into the army. Seeing that the son's leg was broken, they passed him by. The neighbors congratulated the farmer on how well things had turned out. "May be," said the farmer.

"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

When compassion develops we see that all life is the same,
And that every single being wishes to be happy.

Kalu Rinpoche