

The only source of every kind of benefit for others is awareness of our own condition. When we know how to help ourselves, and how to work with our own situation...our feelings of compassion arise spontaneously, without the need to hold ourselves to the rules of behavior of any religious doctrine.

Nyoshul Khenpo

All beings tremble before violence.
All fear death.
All love life.

See yourself in others.
Then whom can you hurt?
What harm can you do?

The Buddha

Even though beings wish to avoid suffering, they run straight towards suffering alone. Even though they desire happiness, they destroy happiness as if it were their enemy.'

Shantideva from the Bodhicaryavatara