

The Yoga of Compassion

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Yoga means attuning, literally. Attuning can be to any state of being. Fundamentally, each one of us is a being and there is a state of being. *Yoga of Compassion* is attuning to a compassionate state-of-being.

What is Compassion?

Compassion is keen awareness of, and sensitivity to, the suffering one witnesses coupled with a deep yearning to see it relieved. Compassion literally means “to suffer with,” which implies a basic mutuality in the experience of suffering. Compassion is loving kindness, expressed in the context of suffering.

Our attempts to awaken compassion have to be through sensitizing people to the suffering of others.

Buddha means the ‘awakened one’. He was awakened to compassion when he was sensitized to the suffering he witnessed.

“Compassion is not a relationship between the giver and the recipient. It's a relationship between equals. Compassion becomes real when we recognize our shared humanity.” — [Pema Chödrön](#)

Compassion is not mere display of kindness or sympathy to someone in distress. It calls for complete identification with the suffering experienced by another and relieving that suffering as a means of relieving the agony experienced by himself. (Not possible without the realization of oneness of life.)

Suffering & Compassion - A New (?) Theosophical Perspective:

Suffering is part of the ‘*unexplained laws of Nature*’ notwithstanding the many sources of pleasure, joy and beauty, which are also not fully