

understood. Compassion is one of the '*powers latent in man*' that alleviates suffering. Theosophy teaches us that the cosmos is guided by justice and love. There are different kinds of love such as patriotic love, filial love, conjugal love, etc. One type of love is kindness expressed as compassion to relieve suffering.

Genuine compassion often pours out only from a heart that has suffered. The heart that is pained at the suffering of others is more creative to alleviate suffering effectively than a mind that is distressed at the sight of suffering.

### **Does suffering sensitize people to be compassionate?**

Annie Besant was moved to deep compassion by the terrible plight of the girls toiling in the match industry perhaps because she suffered so much through her marriage and childcare. Her heart's suffering could be a catalyst for her becoming a compassionate person. It is suffering caused by sheer injustice by man against man that made people like Annie Besant, Gandhi, Nelson Mandela and Martin Luther King take up compassionate causes.

The overwhelming suffering of humanity is caused by intolerance, lack of compassion, hatred, prejudice, anger, fear, greed, cravings for gratifying desires, religious superstitions, blind materialistic pursuits, selfishness, and violent tendencies. Illusions about nature of existence and ignorance of the fundamental truths that govern life, and all the relationships life entails. Hence the Theosophist alleviates suffering as well as strives to remove the root causes of suffering.

### **Suffering is a Truth but Compassion is a greater Truth.**

The Buddhist philosophy of the truth of suffering is a profound but only a partial or lesser truth but compassion as the universal remedy of suffering is the greater truth. Hunger is a truth but food that quenches hunger is a greater truth. Higher truth prevails over lower truth.

“Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.” “Only the development of compassion and understanding for others can bring us the tranquillity and happiness we all seek.” — Dalai Lama

### XIV

Compassion ennobles the life of all.