

the basis of all true religions and even sound economic policies. “We must learn to regard people less in the light of what they do or omit to do, and more in the light of what they suffer.” — Dietrich Bonhoeffer

“Samatvam Yoga Uchyatte” — ‘Sameness’ is a superior Yoga (Bhagavad Gita). I am emboldened to say that the ‘right understanding’ or the ‘right knowledge’ mentioned in the various scriptures means non-discrimination and oneness. Discrimination is dangerous for the practice of the yoga of compassion because when we compare and discriminate, we get spun off from the yogic path of compassion. A superior Yoga is the capability to consider everything as ‘the same’ — in the sense of each and every entity of men and materials around as ‘being a bit of Brahman — the Primordial energy’. In Chapter 5/19 of the *Bhagavad Gita*, being established in ‘sameness’ and equanimity, is recommended for flawless in yogic action. The Spirit of oneness is the foundation of genuine compassionate actions.

We are naturally compassionate but we (artificially) suppress it.

Compassion is our basic and first instinct. All mammals, the Dalai Lama says, practice a basic compassion that stems from the mother-infant bond. We humans thus have, by nature, a sense of love and affection. We are even hardwired to be compassionate but then some other inputs short circuit it. Compassion is probably encoded in our genes with provision for more positive mutation.

Our natural instinct to be compassionate is impeded by the analytical intellect of our conditioned brain and its thoughts. Consciousness is our essential quality and compassion is its innate faculty. But other super-imposed faculties supersede this innate faculty of compassion. In the awareness of this conditioning, there is the possibility of transcending the limitations and awakening of compassion. Egotism is a strong impediment to the practicing of the Yoga of Compassion.

Why is Compassion at a low level?

Why haven't the teachings of sages, saints, philosophers and humanists lifted our individual and collective consciousness to the desired level of compassion? Why is there such stark absence of sensitivity? Why are we benumbed? Why is human compassion in sleep mode? Even when compassion is seen, it is an occasional experience, more as a relief from a life