

separation or division in others too. In his yogic state of oneness of being, the collective human predicament is his and all sufferings form part of the yogi's duty or dharma to understand and alleviate. In that sense Christ was a true yogi, Buddha was a true yogi. And they were compassion personified. "The 'beingness' is the same in all." said Ramana Maharshi, one of the greatest practitioners of Advaita (non-dualism). Every being has an experience of "I am" and that is the same in all. I am this and you are that (identity) is a superimposition that appears to give rise to separateness. The illusion of sense of separateness and wholesome compassion cannot coexist. Compassion is communion of spirit with spirit, and spirit being the same in all beings, oneness of being is automatically implied. In other words, compassion, to be true, has to be rooted in the spirit of oneness. Compassion cannot be generated, taught, awakened or practiced in isolation. Compassion is the automatic outcome of the realization of oneness of being, like happiness is an automatic outcome of right living and not by pursuing it as a separate goal. Many may ask 'How to Awaken Compassion'. But 'how' implies a process which works mostly for changing something that is made up of matter. In the spiritual context, it is realization rather than processes that bring about fundamental transformation.

### **How to Awaken Compassion or create a compassionate state?**

Children and youth should be encouraged and helped to spend more to time in situations where compassionate acts take place and to associate with compassionate people. "Those who unlock your compassion are those to whom you've been assigned." — [Mike Murdock](#). An affluent, lavish and protected life of indulgence and merrymaking, not sensitized to some suffering, is an unlikely source of compassion. "One should be mindful of the misery in the universe in general and of all living beings in particular. Be mindful and aware of it; feel it! By feeling it, you will develop loving-kindness and compassion for all sentient beings, and to the extent that compassion unfolds within you, your delusion of self will decrease. These two qualities of compassion and loving-kindness in a person indicate the he is beginning to develop spiritually. Perhaps, at first, he will show them in small ways but later he will embrace the whole universe. The powers of compassion and wisdom are much stronger than the powers of ignorance and hatred. This being so, we should fill our minds with compassion, loving-kindness and wisdom and radiate