

these to all living beings together with a strong wish for their happiness. Never forget to send out the force of loving-kindness to all sentient beings.” — Samdhong Rinpoche. Group Meditation has the ability to foster a view that all beings are interconnected.

For the future to be marked by peace, harmony, freedom and joy, all our efforts, especially in the field of education in the formative years, but not just in the school but by exemplifying compassionate living at home too, should be towards awakening compassion that is in all of us but made dormant in varying degrees.

Suffering is a Truth. That suffering can be and must be alleviated, is a greater Truth. That Compassion alleviates suffering is a much greater Truth. Oneness of being awakens Compassion is the greatest and the most fundamental Truth. Wake up to these Truths. There is no Dharma higher than these Truths.



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