

**THE KEY TO COMPASSION**

Only when you feel as another person feels  
Will your heart understand and  
Emanate true compassion.



Folks talk about “The Human Condition”  
As if it were something they had managed to escape.

Then they feel superior to the poor schmuck,  
Which is one aspect of “The Human Condition”  
They think they don't have.

Identifying with needy folks is a dicey practice, but worth the risk.

Allowing yourself to experience  
Another's grief or passion,  
Their starvation or disability,  
Their insanity or paranoia,  
Without being destroyed,  
Then turning that energy into constructive action,  
Is True Compassion.

Empathy is a sacred ability, a divine gift.  
Managed with prudence, love, and understanding,  
It manifests compassion and can bring peace to the heart.

Ultimately, when we evolve enough to master our emotions,  
Empathy will bring Peace to Humanity.

10/28/2018