

WISDOM AND COMPASSION

- 140.** The balance of wisdom and compassion is very important. Wisdom gives you spaciousness, while compassion gives you connection. These two aspects belong together. They spread from the heart like the two wings of a bird.
- 141.** Compassion is awakening to the actuality of our connection with others. This connectivity is always already here, present even before we're aware of it. Compassion's quality is connectivity.
- 142.** All the various tantric practices serve to free the knots which exist in our body and which constrain the energy moving through the channels of the body. This frees us up to have more plasticity and more capacity to move within the endless eddying sway of the world. In this view, wisdom is to be relaxed in open presence, in effortless non-duality with the ungraspable ground of being, while compassion is to become whatever is required in the situation. If we know who we actually are, in knowing that we are nothing we have the potential to be everything.
- 143.** When we see the wide range of our confusions and the confusions of others, if we can release our habitual judgemental stance, we have more chance to develop our sensitivity to others and to ourselves. Our attunement to the complexity of life helps us to see that there is no easy way to sort out ourselves or others. We all have both confusion and the possibility of awakening from it. This is not the same as being 'sorted'. Integrating with emptiness, with unborn awareness doesn't remove life's problems or make us 'better people'. The space it opens lets patterns be as they are, transient and impactful. Whether judged helpful or harmful in emptiness they are empty. That is their nature. Opening to emptiness, we develop compassion free of reification. Not making ourselves into an object or an instrument, neither do we make other people into an object or an instrument. To turn people into something that we use for our own agenda, for our own purpose, is the deep way to pervert all the teachings. Wanting to change people before we have seen their empty illusory nature is a sure way to conflict and violence
- 144.** Everything is illusion, mere appearance without substantial essence. Wisdom is to see that everything is illusion. Compassion is to act carefully and helpfully with beings who are trapped in illusion arising from believing that phenomena are essentially real in themselves

Excerpts from Transcript