

When Compassion Leaves.....

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When Compassion Leaves.....

By Parmatman Shri Sat-Chit-Atman

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When compassion for all living creatures leaves the heart of man, the light of the discriminative faculty dies, the flower of free will fades, the aroma of virtue evaporates and life loses its true purpose.

Ignored and unheeded, the soul, sinks into a deep slumber and dehumanized man degenerates into an unethical automation, pulled by visible self-interest and pushed by the evil powers of antariksha (outer space).

A moral blight descends on the collective conscience of the community, politics of power replaces the religion of the spirit. Culture becomes a paper-flower, while civilization, subverted by a soulless economics, is reduced to an empty shell.

Struck by the materialistic glitter of a false prosperity, derived from a ruthless exploitation and a reckless destroying of innocent life, the people dislodged from right thought and conduct, lose their way into the dark vale of man-made misery and self-destruction.

Where there is no compassion, the people perish.

Sat-chit-atman

He was born in 1919 and left His sacred body in 1982. He did penance at higher level. He took the birth to welfare the mankind.

Compassion, Part 2

By Rinatta Paries

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When Compassion Leaves.....

Having compassion toward others is a gift of connectedness you give yourself and a gift of presence you give others. While difficult to define, compassion is a way of being, and you will see the definition emerge among the three concepts presented here.

1. Compassion involves seeing others as "self."

No matter how different others are, or how different their circumstances are from yours, we all want essentially the same things from life. We want happiness, satisfaction and love. We want connectedness, safety and understanding.

When you are struggling to feel compassion for others, struggling to put yourself in their shoes, struggling to understand what they are going through, remember this similarity. Remember that everyone ultimately wants what you want.

2. Compassion does not involve self-sacrifice or martyrdom at your expense.

When in a disagreement with someone -- whether your partner, a friend or your boss -- remember to see the other as "self." At the same time, be careful not to mistake compassion for being a pushover. Don't justify another's behavior at the cost of your feelings or discount your feelings.

Being compassionate in the context of disagreement means being understanding, supportive and kind, while respecting and setting your boundaries. You must be present to both simultaneously in order to both take care of yourself and others.

3. Compassion gives you a sense of connectedness.

Having compassion means opening your heart to others. It also means residing in your heart when interacting with others. This can be especially challenging when compassion is most needed. But it is well worth the effort.

When you show others compassion, they get to experience being heard and cared for when most needed. This allows you to connect with others in a meaningful way and feel more alive and loved.

Your Relationship Coach,
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Having coined the phrase "relationship coach," Master Certified Coach Rinatta Paries works with

singles to help them attract their ideal relationship, and helps couples create more love and fulfillment in their existing relationships. Visit her web site at www.WhatItTakes.com or e-mail her at coach@WhatItTakes.com.



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