

Wishing Everyone Well with Compassion

Compassion is another important spiritual virtue to cultivate. Compassion comes from an amazing ability human beings have to feel empathy. You see something happen to someone else and are able to feel it in your heart and soul. In fact, sometimes you may find it easier to have compassion for others than for yourself.

The spiritual thing to do in any situation is to wish everyone well in whatever lessons and situations they may be going through. Nobody gets it easy in life. Whether rich, poor, beautiful, ugly, intelligent, or ignorant, people have to deal with challenges and problems, regardless of their station and circumstances in life.

Some Buddhist masters go so far as to say that life is inherently made up of suffering. Realizing that everyone has to go through suffering and difficulties helps you create an umbrella of compassion that covers everyone.

Spiritual Wisdom

When we finally know we are dying, and all other sentient beings are dying with us, we start to have a burning, almost heartbreaking sense of the fragility and preciousness of each moment and each being, and from this can grow a deep, clear, limitless compassion for all beings.

— Sogyal Rinpoche

Compassion often comes from digested challenges. For example, you may go through a terribly difficult experience that brings up feelings of helplessness, anger, frustration, grief, or sadness. Then, the next thing you know, your concern for other people becomes stronger.

Perhaps someone doesn't offer you a helping hand when you need one, so you make a commitment to help others in the future when you see them in need. Or someone betrays your trust by breaking her word, and after experiencing the disastrous effects of her actions, you become more trustworthy to others in the future. After experiencing the pain of losing a loved one, you may be inspired to extend your help, care, and blessings to others who are going through the same struggles.

Be Careful

Compassion isn't meant to entangle you unnecessarily in other people's situations or to make you feel angry with whomever or whatever is causing another person to suffer. When you're guided and able to help someone, true compassion allows you to do so with a positive attitude, peacefulness, and a tenderness of the heart.