

# 2nd class - Compassion and the practice of Taking

In this class we build on the common sense we've been introduced too -

“ Just as I wish to be happy and free from suffering so does everyone else. In this respect we are all the same.

We discuss how compassion is a natural outcome of cherishing the other person - people, and how without being careful our compassion can cause us a burn out because currently we are a limited person; meaning our ability to know what the other person needs is limited by our ignorance and our ability to work for the benefit of many people is limited by our self-cherishing and physical body.

Then we explain that the solution to the above obstacles is to use our imagination.

This imagination is the nature of an action which has as its main purpose the function of eliminating our self-cherishing.

Then explain the meditation and do it.

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