

# ~ *Compassionate Wisdom* ~

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Sometimes loving-kindness and compassion have limitations. Because this is a relative practice, sometimes when we develop love and compassion, we get other people's pain also. We get other people's stress. We get other people's suffering, in a way. Therefore, we need what we call "compassionate wisdom." Wisdom is really important for love and compassion. When we develop wisdom, that wisdom helps us to develop love and compassion, and love and compassion help us to develop wisdom. These two help each other.

From wisdom, we can develop boundless love and compassion — nonconceptual love and compassion. So you will not get others' pain within yourself, but you can really send them love and compassion.

So what is wisdom? It is when our mind goes beyond the "box," out of the box. Normally, there is what is called the "conceptual mind." The conceptual mind is very narrow. It has boxes. It is fixed — not flexible. There is no openness. It is not impartial; it is partial. It has biases. Normally we describe this conceptual mind as a prison, a jail. We put ourselves into our own jail. How to break it? You cannot break it by wanting to break it. The best way to break it is naturally — what we call "self-liberation." In order to have self-liberation, you do not have to do anything. You just see the truth. You just see the nature of yourself. Here, to gain wisdom, you can look at the "me, me, me," the ego-clinging, the self-cherishing mind, which is very sensitive. Just look at that.

When you begin to look, sometimes this "me" is very shy, and you cannot find it. When you cannot find it, great! Be with that. In that moment, there is a gap. In that moment, your mind really begins to open up. Your mind is having a break. Since childhood until now, our mind has been a chain of concepts, one after another. There is no

break. So when we lose this, when we look at the “me” and cannot find it, that is the beginning of relaxation, openness. You are having a holiday at that moment.

This is knowing without concept. It is not so easy. Slowly, slowly.

Thank you.