



WISDOM & COMPASSION

Q1: Once a spiritual trainer, Gregg Braden asked a Tibetan monk "what is the greatest power"? The monk answered "compassion". I practised compassion, what are the benefits?

A1: Compassion is the hallmark of Buddhism. I am glad you are already practicing compassion. Mahasattva may flank the Buddha statue – one on each side. e.g. avalokiteśvara 觀音 who represents compassion and Mahāsthāmaprāpta 大勢至 who represents wisdom. The symbolism means enlightenment requires both left-brain wisdom and right-brain compassion. You can begin your wisdom training at www.awe-edu.com

Q2: I feel different when I meet a person who practices meditation; feel humble and respect for that person. Can a person who practices meditation and one who practices mindfulness sense each other?

A2: Our meeting was a great example of connectivity through compassion projected by meditators.