

## Developing Wisdom and Compassion

The Love Wisdom Ray activates the faculties of Wisdom and Compassion in the Soul. As this Ray pours forth into the Souls of humanity, it develops these faculties according to each individual's receptivity.

Wisdom has seven major expressions:

1. Discernment of the true nature of the Soul
2. Illumined understanding
3. Choice–guidance (revelation of Right Action)
4. Knowledge of the Law of the Heart
5. Prudence (revelation of Appropriate Action)
6. Judgment
7. Discrimination (revelation of Reality)

Compassion has seven major expressions:

1. Unconditional love
2. Understanding the state of another's station on the Path
3. Understanding another's unfulfilled desire and suffering
4. Granting mercy
5. Acting with kindness
6. Understanding another's personal experience
7. Acting to remove another's suffering and pain

As you progress on the spiritual path, your Soul's faculties of love and wisdom expand to encompass a grander perspective of humanity. These twin streams stream from the thalamic center of the Soul's essential body.

## Overcoming Ignorance

Ignorance, which the Buddhists call Avidya, is the veil that covers over the native illumination and love of the Soul. Ignorance perverts each of the expressions of Wisdom and Compassion, so that the individual views the world through a distorted spiritual and personal perspective, which gives rise to inappropriate thought, speech, and action. This leads to the creation of negative karma, which brings additional suffering to the individual and to others around him or her.

Spiritual growth and development aims to correct these distortions and rehabilitate the Soul's native expressions of Wisdom and Compassion.

Wisdom is perverted through Ignorance in the following ways

1. Lack of knowledge of the Soul's true nature; erroneous alternate identification with the body (ego), personality (Self), or group identification
2. Not recognizing another's spiritual nature, mistaking the other individual for their body, personality, or their group identification
3. Making choices based on desire, passion, or craving
4. Lack of knowledge of the Law of the Heart (Dharma), leading to making choices based on the advice or persuasion of others
5. Taking ill-advised and inappropriate actions based on the suggestions of others, intoxication, whims, fantasies, desire, or craving—without thinking through the choice or using circumspection
6. Using poor judgment, which leads to illness, accident, hardship, and suffering
7. Lack of discrimination leads to prejudice, bigotry, and hatred of others

Ignorance perverts Compassion in the following ways

1. Conditional, judgmental love supplants the unconditional love of the Soul
2. Lack of vision of where someone is on the Path leads to attempts to give them inappropriate advice or to persuade them to adopt your path
3. Unawareness of other's suffering or unfulfilled desires leads to callousness and lack of caring, instead using the other to fulfill one's own desires
4. Lack of mercy leads to an attitude of coldness and cruelty
5. Losing touch with kindness leads one to treat others with disrespect, rudeness, and lack of caring
6. Misunderstanding another's personal experience leads one to misinterpret other's motives and to project one's unacceptable impulses on them
7. Lack of love leads one to be able to harm or even kill another without remorse

The disciple must uncover, through diligent meditation, the essential Love and Wisdom that stream from their Soul. Awakening these inner streams will allow the disciple to dissolve the perversions of Ignorance, so their veiled Soul nature can shine through and dissipate the darkness.

Contemplation of the inner fountains of Wisdom and Compassion gets at the root of the Ignorance within. With each successive step of spiritual evolution, the task of the disciple is to uproot the Ignorance at that station of the Path and supplant it with Wisdom and Compassion.

We will meditate today on the elements of Wisdom and Compassion, and observe if any of the perversions of Ignorance linger within. We will resolve to uproot them and align with the Soul's essential nature.



## Meditation on the Elements of Wisdom and Compassion

We will inwardly inquire:

### *Wisdom*

1. What is the true nature of my Soul? Identify this essence and merge your attention into it.
2. What is my illumined understanding (Buddhi)? How does it operate within me? What is its function?
3. What is Right Action? What intuitive sense guides me to know this and carry it out?

4. What is the Law of the Heart (Dharma)? How can I know this? What is my sense of this deepest truth of my being?
5. What does it mean to be prudent? What is appropriate speech and action? What have been the consequences when I was not prudent?
6. What is good judgment? How do I determine what is the best choice to make?
7. What is my sense of what is real in the world? In my personality? In my Soul?

### *Compassion*

1. What is unconditional love? What is the source of unconditional love in my Soul? Merge your attention into this fountain within and feel the Soul's unconditional love.
2. How do I know where someone is on the Path? How do I recognize their Soul? Their spirit?
3. How do I become aware of other's suffering and unfulfilled desires? How do I feel when I become aware of this material?
4. What is mercy? Have I ever shown mercy on another? Has anyone ever shown me mercy? How did this feel? When might I show someone mercy?
5. What does it mean to act with kindness? When have I shown kindness to others? How did I feel? When have others shown kindness to me? How did that make me feel?
6. What does it mean to truly understand another's personal experience? How have I felt when I was felt known and understood?
7. When have I done something to assuage the suffering of another person? How did this make me feel? Has anyone ever ameliorated your suffering? How did this feel?

## Resolving to Remove Your Ignorance

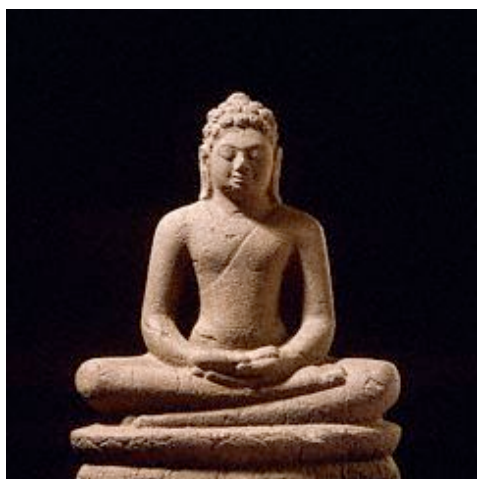
For this meditation, you will observe whether any of the elements of ignorance are present within you, and you will resolve and have willingness that these aspects be removed.

1. Notice if you are unaware of the nature of your Soul. Resolve to realize this essential nature inside yourself so there is no question as to what is the nature of your Soul.
2. Notice if you are unaware of the spiritual essence of others, and how they experience their spiritual essence. Be willing to behold this essence and to appreciate and respect the other being for who they are.
3. Notice when you have made choices governed by desire, passion, or craving? What were the consequences? Resolve that you will allow the Soul's wisdom and the Divine Will to guide your choices.
4. Notice when you have followed the advice of others or have been persuaded by others to do something that did not feel right to you? Resolve to know your inner sense of truth and to follow it, so you may maintain your harmony, peace, and integrity.
5. Notice when you have carried out inappropriate actions without thinking about the consequences, and now regret what you have done? Resolve to act prudently in the future and to think before you act.
6. Notice when you have used poor judgment in the past. Notice the consequences of these actions. Resolve to use better judgment in the future.
7. Notice whether prejudice, bigotry, or hatred of others is present within your awareness. Be willing to have these impediments removed and to see others as they really are.

8. Notice if judgmental, conditional love is present in you. Be willing, if it is appropriate and for your highest good, to have unconditional love take its place. What would that be like?
9. Notice when you have given someone inappropriate advice, or tried to convert them to your beliefs, values, or way of seeing the world. Be willing to appreciate and perceive others as they are, and how they experience themselves. What is that like, seeing and appreciating others as they are?
10. Notice when you were not aware of another's suffering and unfulfilled desires, but instead simply used them to meet your own desires. Be willing to experience without judgment the other's suffering and yearning, and to simply regard them with compassion. What might that be like?
11. Notice when you have been callous and cruel to others. What would have it been like to show them mercy? When is it appropriate to show someone mercy? When is it appropriate to withhold it? Be willing to be merciful when this is appropriate.
12. Notice when you have been unkind, disrespectful, rude, and showed lack of caring for the feelings of others. How did others react to you when you did this? What might have been the outcome if you had not been unkind? Be willing to show kindness whenever it is possible, and to avoid hurting others' feelings.
13. Notice when you were unaware of what another person was genuinely feeling, and you made inappropriate and erroneous assumptions about them. How did you feel? Be willing to take the time to be in touch with the person before you and to see them as they are.

14. Notice when you have harmed or killed another being because you lacked love for them. How did you see them? Did you see them as an evil being, a demon, or monster? Be willing to see them as they are, and resolve to not harm others if possible.

Today's meditation aims to help you plant the seeds for the rehabilitation of your Soul's innate Wisdom and Compassion, and to begin to uproot the patterns of ignorance that have grown up within you. We encourage you to continue these meditations to strengthen your sense of this innate Wisdom and Compassion in you and to facilitate their expression.



## Prayer to Activate Wisdom and Compassion

Chohan Koot Hoomi, Lord Buddha, and Our World Teacher, infuse my Soul with Divine Love and Wisdom, so I may follow in your footsteps to become an instrument of Goodness and Grace, and to serve humanity and the kingdoms of Nature. Guide me to awaken my Soul's Wisdom and Compassion, to root out my ignorance, and to act as a balm for the suffering of others. Let me live in harmony with the truth of my heart, be rightly guided to fulfill my purpose, and to know the Will of God. AUM.



Thank you for attending our webinar today!

