

Why We Suffer

by Joan Halifax

"To realize that we suffer because we see ourselves as permanent and separate is so important. Compassion flows from the realization that we are not separate and have no fixed identity. When we let ourselves love, we no longer resist the suffering of others. The Lama Lodro Dorje reminds us that love is a meltdown. That meltdown establishes a more unified space of brilliance, goodness and sadness. We can no longer protect ourselves from others' suffering. We experience it simply as suffering—not "mine" or "yours"—just as, if we hurt our left hand, our right hand takes care of it. The right hand and left hand just do what naturally needs to be done, and the space between those hands holds the human heart." --Joan Halifax

http://en.wikipedia.org/wiki/Joan_Halifax