

**PRACTICE: compassion:** for others, for yourself.

Finger Pointing: points back to you.

Compassion for the other, awakens compassion.

**Pema Chodrun: “Just like me”** this person wants happiness. Just like you, they are ripening. Just like you they are also caught in a web of egoism. Don’t look at the other person as just a person, don’t look at yourself as only a local limited person: see also just like you they are a ray of primordial awareness disguised as a person. They and you are the divine here as a burning focus to experience, express, access the universal wisdom. We are not only mirrors, we are also each unique windows, accessing and expressing, divine name “seeking to be realized” or actualized.

**M: Change the current of your desire from taking to giving. The passion for giving, for sharing, will naturally wash the idea of an external world out of your mind, and of giving as well. Only the pure radiance of love will remain, beyond giving and receiving.**

**Q: In love there must be duality, the lover and the beloved.**

**M: In love there is not the one even, how can there be two? Ch72**

**Opportunity to heal the war in ourselves:** we are all part of the collective Karma. Don’t go looking for the dragon, but when it comes, use the opportunity, see it as a gift. War will end when enough humans have peace in their hearts and awake in their minds. When enough are mature in their journey, ripe enough to be present and act with compassion and wisdom.