

No Compassion—no Awakening

Lama Mark shares his views, with classic Dharma teachings and modern science, urging us to refine our compassion towards “all encompassing compassion”. He cautions us not to cling to nihilistic emptiness experiences, no matter how blissful, clear and thought-free they are. Further, he emphasizes that profound emptiness, the recognition of innate wakefulness (cognizance), is really full unity with compassion for all. A compassion that Jamgon Kongtrul called “uncommon bliss, which does not change” and “the path of uncommon emptiness whose essence is compassion”...the “supremely great love”.

Lama Mark talks about the Great Bliss of compassion being ineffable: the power and splendor to skillfully protect and free beings from delusion and suffering. A compassion beyond all statements and reference points. He shares with us that if recognition of the mind’s natural freedom— all phenomena, including us, are by nature fresh unobstructed openness, a grand wonder— is not vividly apparent or able to be sustained, then the answer is not necessarily more meditation, or another book, or the meditation technique, but a requirement to gather more merit.

The first reading is from an article entitled, *How Neuroscience Can Make You Kinder*, an interview with the neurosurgeon James Doty, New Scientist Magazine, Oct. 19, 2013. The main text used for the teachings is called, “Cognizance: The Instruction that Points Out the Basis of Flawless Meditation, by Tsele Natsok Rangdol (17th cent.), translated by Erik Pema Kunsang in *Perfect Clarity: a Tibetan Buddhist Anthology of Mahamudra and Dzogchen*. Rangjung Yeshe Publications, Kathmandu, 2012. The classes finished with quotes on compassion by Jamgon Kongtrul and Albert Einstein.