

What we have learned in this chapter	Your reflections
<ul style="list-style-type: none"> <li>• Engaging in compassion for others is the most effective way of ensuring a peaceful and stable world.</li> <li>• It requires courage and daring as it goes against much of our conditioning and means we need to learn some new habits of relating to other people.</li> <li>• We have seen that compassion involves using constructive emotions such as love, kindness, patience, tolerance and forgiveness, which enhance our peace of mind and contribute to the development of lasting happiness. So, by being compassionate we are engaging with behaviour that is beneficial to our wellbeing and will lessen our stress responses.</li> <li>• All the evidence shows that practising compassion is good for us. By connecting us with our source of wellbeing it enables us to heal ourselves while being available for others.</li> <li>• The first step in practising compassion for others is to try and avoid causing harm.</li> <li>• The next stage is melting the ice in our hearts and here we can use the exercises of the Four Immeasurables: <ul style="list-style-type: none"> <li>* Immeasurable Loving Kindness, the antidote to anger</li> <li>* Immeasurable Compassion, the antidote to craving and attachment</li> <li>* Immeasurable Joy, the antidote to jealousy</li> <li>* Immeasurable Equanimity, the antidote to ignorance, pride and prejudice</li> </ul> </li> <li>• The next stage is seeing others as just like you: remembering that everyone wants to be happy and to avoid pain and suffering.</li> <li>• The basis of this is empathy.</li> </ul>	