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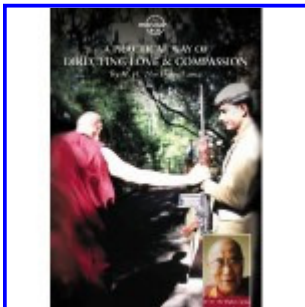
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[Practical Way of Directing Love & Compassion by the Dalai Lama \(Meridian Trust\)](#)

By

[Upchuck Undergrind](#)

– September 26, 2011 **Posted in:** [Reviews](#)



“A Practical Way of Directing Love and Compassion” is the recording of a lecture on the subject by the Dalai Lama himself (with an assistant handy to help with particularly difficult translations of concepts into English). Though the Lama’s English is rather difficult to decipher, there are some wonderful ideas here, especially for those who enjoy lectures on spirituality. Naturally, compassion is a central theme here and a number of things are said about it. I’ll hit just a few highlights. We learn that compassion is infinite. Once you are able to tap into it, there is never a shortage of supply. Then there are the benefits of compassion. It’s easy to see how a compassionate attitude is good for others, but perhaps most importantly, it’s good for one’s self. It affects one’s whole inner life. It’s partners are serenity, peace. Inner change effects outer change. Compassion is powerful and for every individual who taps in, it’s a benefit to all.

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