



April Newsletter

TUESDAYS at 6:30 PM CT

Dharma Talks and Discussion via ZOOM

(starts tonight - April 28th)

This is a recurring meeting so this URL and Password will work for all meetings - just copy and paste

Join URL:

<https://us04web.zoom.us/j/78575258609?pwd=V2lxeWgyTVhCQ3lwNWNza1hrcEtEUT09>

Password: 8FoldPath

Compassion for Difficult People by Kristie Grasis

I was recently talking to someone who was struggling to show compassion for those she feels are putting others in danger. Specifically, she was talking about protesters during our COVID-19 crisis.

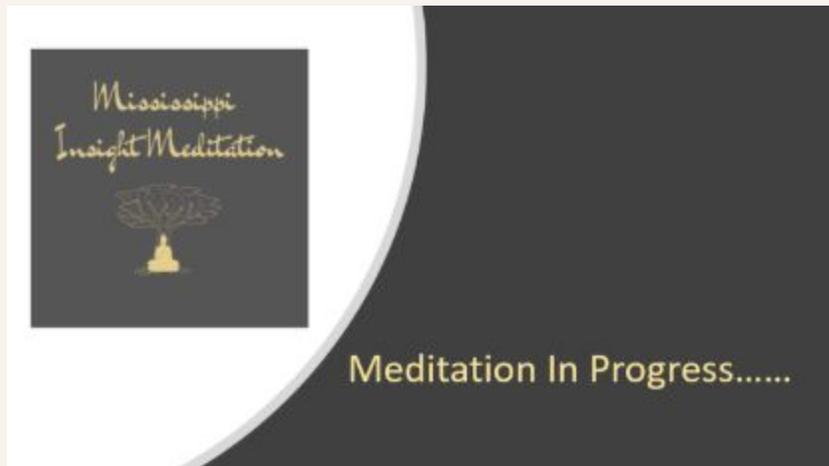
Her question was, "when does compassion for those actually being harmed override compassion for those doing the harming."

In the Buddhist tradition, compassion (Karuna) goes hand in hand with liberation. "As one's inner freedom grows, one's capacity for compassion increases; as one's compassion increases, so does the importance of freedom. Liberation supports compassion and compassion supports liberation" (Article: [Cultivating Compassion](#) by Gil Fronsdal).

It is beneficial to our own internal peace to let go of judgment and cultivate compassion. Compassion toward ourselves and others works to soften the heart and helps us to release anger and ill-will. To feel sympathy and concern for another does not mean you agree with them; it means that you can see a human being before you that feels, and loves, and fears as all humans do. We can awaken from the disillusion of the idea of "individual me" and "individual you." We can open our hearts to a person, regardless of their beliefs, and wish them well. The liberated heart does not pick and choose who compassion goes to. Our intention should be to give our compassion to all living beings and abandon our judgment of if they are "right or wrong." Through compassion, we can experience greater liberation and freedom (by shedding our ill-will, anger, judgment). With that liberation, we can offer more profound compassion. Luckily for us, compassion is like love; we have an inexhaustive supply. We don't have to decide, or limit, who gets it. It can be for everyone.

You should train thus: 'My mind will be unaffected, and I shall utter no evil words; I shall abide compassionate for his welfare, with a mind of loving-kindness, without inner hate.'

– The Buddha (MN 21.11)



Visit our new YouTube channel

Listen, subscribe, and like.

[MIM YouTube](#)

WE STILL NEED HELP

TYPING - Can you type?? You don't have to commit to all of them; you don't even have to commit to an entire Dharma talk (we can put it on google drive and share the work).

LAWN MOWING - Let's not stick Kristie with the lawn upkeep. Can you commit to mowing the lawn 1 weekend this summer? The mower is provided, we just need someone to push it. **LOOK FOR THE SIGN UP SHEET EMAIL** powered by SignUp genius.

LAWN MAINTENANCE COORDINATOR - FILLED

Click on the link below and let us know how you can help!

[Click here to volunteer](#)

ReOpening amidst COVID19 Update

Although we have been cleared by our governor to reopen our center, out of an abundance of caution, the board has decided to remain closed until the state of Mississippi has seen a decline in average weekly positive cases/deaths for at least two weeks. Unfortunately, we are not there yet (the average for this week has been 226 new cases per day, the week before was 224).

I attended an online Dharma Talk last evening, and John Martin said, this unprecedented time is a "rich opportunity for practice."

I agree.

MIM is offering multiple ways to stay connected to the Dharma and the Sangha. Our Facebook page has been churning out daily contemplations. Dharma talks and guided meditations can be found on Our Youtube channel. We are now offering Dharma talks through Zoom. I am always available through email (or a phone call if needed). I encourage you to lean into your practice. Be safe, stay well, and I hope to "see" you on Tuesday evenings (via Zoom).

With much Metta,

Kristie