

Maitripa College Mission Statement

Maitripa College, a Buddhist institution rooted in the Nalanda tradition, offers graduate and lifelong learning programs in both physical and digital formats. Through the integration of contemplative practice, Buddhist scholarship, academic inquiry, and spiritual formation, grounded in three pillars of scholarship, meditation, and service, we educate students in critical thinking, ethical reasoning, and contemplative methodologies. Our programs prepare graduates to apply their learning in service to their communities and the world with compassion, joy, and equanimity.



Compassion

Buddhist Resource Guide Series

May compassion and wisdom serve the world.

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ABOUT THIS GUIDE

Compassion is a deeply complex Buddhist concept which includes not only empathy but also a strong determination to help. These teachings always have us start with ourselves. If we have no awareness of our own suffering and our own wish to free ourselves from that suffering, then we won't be able to truly benefit others. Developing self-compassion and then bringing that strength to compassion for others is the way Buddhists train.

BOOKS

Hopkins, J. (2001). *Cultivating compassion: A Buddhist perspective*. Broadway Books.

Jinpa, T. (2016). *A fearless heart: How the courage to be compassionate can transform our lives*. Avery.

Makransky, J., & Condon, P. (2025). *How compassion works: A step-by-step guide to cultivating well-being, love, and wisdom*. Shambhala Publications.

TALKS & TEACHINGS

Loving Oneself and Others by Pema Chodron
<https://youtu.be/h4w60m4mTlw?si=mtH3E0CuVtXJPBSV>

Expanding Your Circle of Compassion by Robert Thurman
https://www.ted.com/talks/robert_thurman_expanding_your_circle_of_compassion?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare

REFLECTION

“Compassion is the best healer. The most powerful healing comes from developing compassion for all other living beings, irrespective of their race, nationality, religious belief, or relationship to us. We need to feel compassion for all living beings, every single one of whom wants happiness and does not want suffering. We need to develop not only compassion, the wish to free everyone from all suffering, but great compassion, which means taking upon ourselves the responsibility for doing this. This brings deep and powerful healing.”

Ultimate Healing: The Power of Compassion
 by Lama Zopa Rinpoche, p. 21

PRACTICE

Tender Self-Compassion Break | Soothing Meditation for Emotional Support by Dr. Kristin Neff
https://youtu.be/LX71ZTAsmg8?si=7Q-r6NhoQd_AuL4u

Flower Garden – Loving Kindness Meditation (Metta) by Ayya Khema
<https://insighttimer.com/buddha-haus/guided-meditations/flower-garden-loving-kindness-meditation-metta>



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