



Mata Amritanandamayi interacting with founder and director of the Centre for Compassion and Altruism Research and Education James Doty at Stanford University in the US

## Mata Takes Part in 'Dialogue on Compassion' at Stanford Univ

Express News Service

**Kollam:** Mata Amritanandamayi participated in the 'Dialogue on Compassion' at Stanford University in the US, and conversed with James Doty, the founder and director of the Centre for Compassion and Altruism Research and Education (CCARE) at the University on Monday.

The hour-long dialogue took place in Stanford's 1,700-seat Memorial Hall as part of CCARE's ongoing 'Conversations on Compassion' series.

Responding to Doty's inquiries, Mata said: "For me, compassion is the most important factor in our lives. It is the first step. If we take this first step courageously, without fear, then all of our decisions and subsequent actions and their results will

have a special beauty, spontaneity and power. Human calculations may be wrong, but actions born of true compassion can never be wrong because compassion is the law of nature, the power of God, the heart of creation. If we tune the individual mind with compassion, then we, as individuals, are no longer really performing actions, but are merely allowing Creation to act through us. And this is the power of compassion. In truth the spiritual path both begins and ends with compassion."

Started by Doty with an initial donation provided by Dalai Lama, CCARE investigates methods for cultivating compassion and promoting altruism among individuals and within society through rigorous research, scientific collaborations and academic conferences. Previous par-

ticipants in CCARE's 'Conversations in Compassion' series have included a diverse array of modern luminaries, including philanthropist/ businessman Lynn Tilton, director Tiffany Shlain, Buddhist monk Thich Nhat Hanh, neuropsychologist Rick Hanson, Google software engineer Chade-Meng Tan, photographer Lisa Kristine, writer Pico Iyer, Zen Buddhist Roshi Joan Halifax, hotelier Chip Conley, priest and social activist Robert V Taylor, spiritual teacher Eckhart Tolle and the English translator to the Dalai Lama, Thupten Jinpa as well as several presidents, deans and faculty of Stanford University.

The session concluded with Doty, CCARE members and audience coming forward to receive Mata's darshan.