

## *Listen to Your Heart: A Call to Compassion from Yogi Bhajan*

*How many times have you listened to your heart?*

*How many times have you listened to the cry of the heart  
of the whole wilderness of people?*

*How many times have you gone out and listened to the prayer,  
the heartfelt prayer,  
of those who are ugly, who are unseen?*

*How many times have you gone into the park to see the bums  
and hear their prayer and asked  
what made them to be?*

*How many times have you walked out of our secured world  
to the insecure world and seen how much pain is there  
and how much have you done to relieve it?*

*How many miles have you gone on your own  
to play for those who couldn't walk?*

*How many times have you washed your hands  
for those who do not wash?*

*How many times have you not eaten for those who are hungry?*

*How many of you have done anything, risked yourself for any reason,  
which is real, which is of the unknown?*

*—September 22, 1986*