**दया सद्गुण (Mercy)**

Bhagwad Geeta Chapter 16, Shloka 2 talks about the divine quality **Mercy.** Mercyimplies that upon seeing someone who is suffering or realizing someone is in trouble or problems, having a genuine feeling to help them overcome the problem (relieve them of pain), keeping their betterment in mind (as goal); if possible, helping them selflessly and if we cannot help, then certainly praying for help from Lord.

To realize that we really have facets of Mercy in us, following can be **self-checked**:

* Having empathy towards others i.e. standing in their shoes and understanding the suffering
* When given a chance to hear a problem, ability to patiently listen to other’s problems silently
* Genuine willingness to help without expectations (i.e. not for anything in return)
* If we want to help or can help, then we keep Lord and his principles at the center of decision making and support (stick to principle; have emotion, don’t be emotional)
* Always praying to Lord for blessings for sufferers or troubled yet never forgetting our own short comings

**To develop the quality of Mercy in us, we need to practice (and discipline) at both mental and physical level.** This is required because unless we make effort in this direction, our action shall always be influenced by momentums of our past lives. So, if the divine qualities develop in us, then the past momentums will fail to have any effect on our actions.

For us to have Mercy, absence of fault finding and forgiveness are very much required otherwise it may happen that we may help others but with expectations of returns or a feeling of getting rid of further involvement and discomfort. Mercy is also an indicator of politeness of the mind. The feeling of Mercy also has to be unbiased i.e. same for all e.g. people in general, animals, relatives (irrespective of pleasantness or bitterness in relations) etc. Shastra has numerous examples which indicate to us that mercy is essential for our spiritual progress.

**संत सूरदास जी के इश्वर भजन में से कुछ पंक्तियाँ हैं -**

***राई जितनी सेवा को मानत मेरु सामान, समुझि दास अपराध सिन्दु सम एको बूँद न मान***

***अर्थात "ईश्वर हमारी एक चावल के दाने जितनी सेवा को सुमेरु पर्वत जितना विशाल मान लेते हैं परन्तु हमारे सागर जैसे विशाल अपराधों को एक बूँद भी नहीं मानते"***

It is true that a man reaps the results of his own actions (good or bad) however Lord is so merciful that he does not send all difficult results (people, situations, problems) at the same time, allowing us to progress towards our life goals otherwise, we shall simply burn out.

**श्रीरामचरितमानस के सुन्दर काण्ड में श्री राम जी के वचन हैं –**

***जौं नर होइ चराचर द्रोही, आवे सभय सरन ताकि मोहि | तजि मद मोह कपट छल नाना, कराऊँ सद्द तेहि साधू समान |***

***अर्थात “कोई मनुष्य सम्पूर्ण जड़ चेतन से जगत का द्रोही हो, यदि वह भी भयभीत होकर मेरी शरण तक कर आ जाए और मद, मोह तथा नाना प्रकार के छल-कपट त्याग दे, तो मैं उसे बहुत शीघ्र साधू के सामान कर देता हूँ |”***

When Lord is so merciful and we are his form only (i.e. Lord made man in his own image), then we should take inspiration from him and try to develop this quality in ourselves.