

COMPASSION

Compassion is described as a quality of your Soul processes. Many compare compassion to caring and love. Compassion is much more than that.

In order to truly embrace, express and experience compassion, is to have a direct experience of it. For any expression of your Soul to truly embrace it, it must be expressed. Experience makes one grow.

To fully understand compassion, you must start living it as your everyday experience. You develop compassion for others, when you, yourself has gone through challenges and overcame it and when others, are going through similar challenges, you start opening the qualities of compassion within you, for you know the mental process through which the person having the challenges, are going through.

Compassion is a learned experience. As a result of learning it, you are able to have a physical awareness of what the other person is going through.

Compassion is much more than love and much more than understanding. It is a knowing based on feeling from one's own individual experience.

When any experience is combined with feeling and knowing then it becomes a permanent wisdom as part of your Soul's awareness.

Start getting in touch with your feelings. For they are the true expression of your true selves, beyond your personality self. Your personality self is a learned trait you have adopted in order to fit in this world.

You all express this quality of compassion in different degrees, but most of the time, it is a learned experience and not a spontaneous expression.

When it is not spontaneous, then it is coming from your personality and thought forms.

EXERCISE

While opening all the fingers of both your hands, bring your hands to your belly button and touch your belly button with both of your thumbs. Breathe from the belly button and breathe out through the soles of both the feet.

This exercise will help you to open your natural connection to Mother Earth and when this starts happening, you will slowly start to open up to your natural feeling body and you would start expressing your thoughts and words through this new way.

Then compassion will become a natural part of you and since you have embodied this quality, it will become a spontaneous part of your overall personality also.