



## Compassion

*It is the experience of touching the pain of others that is the key to change...Compassion is a sign of transformation.*  
~Jim Wallis

*But a certain Samaritan, as he journeyed, came where he was; and when he saw him, he had compassion on him. And went to him, and bound up his wounds...and took care of him.*

~Luke 10:33-35

I would like to talk about compassion: the deep awareness of the suffering of another coupled with the wish to relieve it. It was a subject requested by a reader and I must admit it has taken some time to really think about the true meaning of the word. It was difficult for me to put into words, and once meditating on it, I realize why.

Compassion is without words. It is flow. Compassion is the flow of the Divine Source through you to another, without condition.

Compassion is the absence of judgment. Compassion is complete acceptance of another's humanness. We believe being compassionate is to alleviate another's suffering through sympathy, empathy or helping them understand their situation from a different perspective, but it is really about just being there, without conditions.

Somewhere down the line compassion has gotten mixed up with being "wound-mates" (I attribute that quip to Carolyn Myss.) That is why you should always be careful when looking to support groups; you want to make sure they are like a good bra: they lift and separate rather than create a Petri dish for wounds and past hurts. I don't even like the word "support" because it sets the tone for not being able to stand on your own, ever. That is another entry for another day... it is all about creating positive beliefs.

## Thursday's Kick! Learning the Lesson

- Compassion is not pity.
- Compassion is not assistance.
- Compassion is experienced.
- Compassion is experienced by someone *through* someone that is balanced and happy.
- Compassion means you have the ability to understand another's pain, *but not own that pain.*
- Compassion is loving neutrality.
- Compassion is about flow. So when you are feeling compassionate, there is a moment where you are truly outside of yourself, your ego, and you understand all about the person's situation.

*You are with them,  
You are within.  
That **moment** is compassion.*

Compassion is not the action or the reaction. Compassion is the moment you connect with your Source in order to help another connect with theirs.

I talked this week with a dear friend, Jacqui Delario who works with Theta Healing. I experienced a session with her last year and that session is perhaps the best example of compassion, particularly as a healing modality. There was a moment in the session where I felt compassion, a sense that someone knew and understood what I needed in order to heal and move forward.

There was an immediate sense of calm, followed by weeks of unexpected results and opportunities brought on because the limiting beliefs were replaced with affirmations. (It is your magic refrigerator on steroids-no offense to baseball).

It is really a question of what defines true compassion. It was interesting searching quotes and searching my own life experiences for examples of true compassion. I realized it had nothing to do with the action; it was about the person, the vessel, the human being understanding the position and perspective of another. Through patience and withholding judgment, you see *beyond* the present circumstances of another in order to offer hope.

We all have the capacity for compassion, and we need to extend our willingness to understand without creating a need for dependency, it is kindness without conditions.