

## About Compassion

Compassion is often confused with other relational expressions such as sympathy and empathy. While some dictionaries would define compassion as “sympathetic pity”.

The problem with a dictionary use of the word is that it is a top-down approach to understanding or reacting to the condition of another human being. Sympathy is more or less demeaning and pity is worse. The implication is that the person who is compassionate is superior to the one suffering. There is no room at all in this definition for a connection in which there is no suffering. There is also no room for love. Pity is not a state conducive to feelings of love. This definition, by act and implication, re-enforces and encourages a victim state in the person to whom this compassion is directed. It suggests that the “victim” is trapped and incapable of self-generation into another state. The compassionate person is able to feel “better than”, or superior to the other. Seen in its true form, compassion, in this definition, is not a very attractive thing to have.

Is there another definition of compassion that is more useful to us - one that encourages and promotes our transition into beings of energetic love? The answer is yes. I believe that there is a more constructive meaning, one that is more important in our current state of emotional and feeling transition. This definition is one that promotes energetic connections and provides for growth and movement away from unhealthy states of being.

The healthy definition of compassion is: “recognition of the state of another being without judgement.”

To have compassion in this meaning it is necessary to truly SEE the other person. This does not mean that it is necessary to go into their state, or to support their unhappiness or misery. Rather, it means understanding who and what they are, acknowledging their current unease, seeing the healthy inner core of their soul, and providing some form of recognition of this total condition.

Sounds like a tall order? Sounds like gobbledygook? It is and it is not.

The first, and perhaps most difficult part of the process of compassion (note that I am calling compassion a process rather than a view point or feeling), is the removal of your own Self. It will not be possible to See the other person clearly if you do so through the lens of your own ego. The process of compassion means that you regard the other objectively rather subjectively.

How is it possible to remove your own ego from an observation? Doesn't the ego filter and change all that we perceive into messages we want to perceive?

Yes, that is part of what the ego does. However, we need not be slaves to it. We can control it to some extent. One thing that is possible is to disengage the ego from an observation. It is harder to do this when the object of observation is another person. Yet, it is not impossible.

The second step in the act of compassion is to allow yourself to feel what the other person is

feeling. Once again, this needs to happen without filtering or judgement. It is best if the feeling is at an energetic level of the higher chakras. Let the lower two levels flow through but do not dwell on them. The more profound messages will be in the upper zones. It is important not to dwell on these shared feelings, nor to wallow in them. You are basically sipping a taste, not even swallowing.

The third step in the process of compassion is acceptance of those feelings. This is very critical because if you are not able to accept that these feelings exist in the other person (again without becoming involved in them yourself) you can not do the last steps in the process.

The fourth step in the process of compassion is to recognize these feelings in the person with whom you are interacting. Recognition is just that - it is saying "I see you", not "I feel for you." or that "I feel your pain." "I see you" is a non emotional, non judgmental state of recognition of the spirit. By not engaging in the emotional baggage you provide an anchor for the other person.

You may also surprise yourself by what else you see. As you get better at this, you will find yourself seeing the whole person (or soul) behind the momentary unease. The person you are seeing will know this and it will help them recover ease. The recovery may not be instantaneous (and usually is not). Yet it will begin with that recognition. Your recognition is a form of awakening for the other spirit that may have become lost or submerged in the angst of the lower chakras.

How does the other person know they have been seen and recognized? Do not worry about this. By working through the above steps you will have established an energetic connection which is quite capable of exchanging this type of information. Physically you may notice a brief eye connection, or a good hug, or maybe a special feeling in a hand shake.

The process of compassion does not need to be restricted to those who are "hurting." It can, and should be, extended to as many souls as possible. Allowing this energetic communication to occur while going about your daily life will strengthen your own soul as well as positively affect others. The cumulative effect of these interactions is breath taking.

The final stage of the process of compassion is to disengage. Do not linger in the moment. It is not supposed to take time (as we think of time). These moments of compassion are like little sparks of energy. It is also important that you do not expect something in return. True compassion is unilateral - it is a process that is done for itself, not to get something back. This is part of the disengagement.

Energetic love is unilateral in this aspect as well. It exists, and is enacted, for its own sake.