

The Gift of Compassion

The Multiverse has given us the gift of endless Love and the perfect receiver with which to access the inexhaustible supply: the heart. These times are calling for a greater focus upon the heart...and a willingness to actually live from the heart space. Doing so allows the expansion by engaging the Love Frequency to be the predominant vibration that emanates from us. This process lifts us out of the mundane experience of love's trivialities as played out in some many co-dependent relationships into the world of Agape love.

This love is found in the higher Heart and is an all encompassing frequency that is sent to all in the name of Oneness. It showers strangers with a sensitivity to their condition. The more one develops this compassion, the more one is able to be fully present for the inner and outer lives of others without compromising their own energy. In other words Love feeds itself. Consciously accessing this frequency of life brings more of it to the forefront. Seeding the lives of others out of the newly realized and felt connection is a selfless act that lifts the vibration of the planet.

The Higher Self keeps bringing us opportunities to show up to the interconnectiveness of life and see the God in all those who cross our current path of direction. This gift of compassion is seeded in the cells of the heart, inviting us to turn our eyes to anyone who needs support. Whether we choose to respond is dependent upon our level of awareness. Perhaps it is the existence of the compassion frequency that steers us towards being a "decent" person. Overcoming our own woundings and personal judgments and agreed upon limitations is the gift of a choice to be compassionate. Giving opens the door to receiving. And being closed is being willing to continue to hold tight to the fear and blame that accompanies the uninformed life. We are designed for more. And compassion is that well-placed frequency that peels away ignorance and hardness and reveals the source of all.

It really is a choice. Even if the tendency is to step over or turn away from the one who has been compromised before our eyes, compassion will eventually turn the eye and open the heart. It is simply that powerful. So why not engage it with consciousness and let this essential element return you to the sweetness of love...in you and without you. I feel you...

- To activate compassion one must be willing to look at life and its manifested forms honestly. Spend the day noticing life. Pay attention to the people you see and meet. Notice their condition, their situation, their spirit, their demeanor. Notice how you feel around them. Notice your thoughts as well. Compassion and judgment/criticism cannot occupy the same space and moment. Allow compassion to defragment the heart and clear out lower vibration elements. Let love reveal itself.
- Breathing into moments allows you to align with the vibration. It opens up the inner eyes to see the bigger picture of what is true. Breathing into the heart lets compassion wash through you. Send this vibration into and around whatever has caught your attention. Feed it the recognition and send the invitation that the highest good flood it to transform what appears to be into the remembering of I Am within the one/s you are witnessing.
- Become sensitive to your own moments. Compassion applied to yourself is necessary to continue to open the doors and clear the obstructions that might cause you to turn away from life. Nourish your own self with the Love that feeds all. In this vibration you have much to give and much to share without depleting your own resources.
- Spend a day being compassionate to all. Purposely seek out the challenges in the lives you see, however you choose to do this. Your intention will bring all you need into your own sphere of awareness to allow you to practice this powerful process. You do not need to intervene in lives. Recognizing one's struggle and sending prayer and blessing is enough to make a significant difference. To witness someone is to call their best to the forefront and replace their personal doubt and perceived limitations. Simply engaging is enough to transform the darkness.

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