

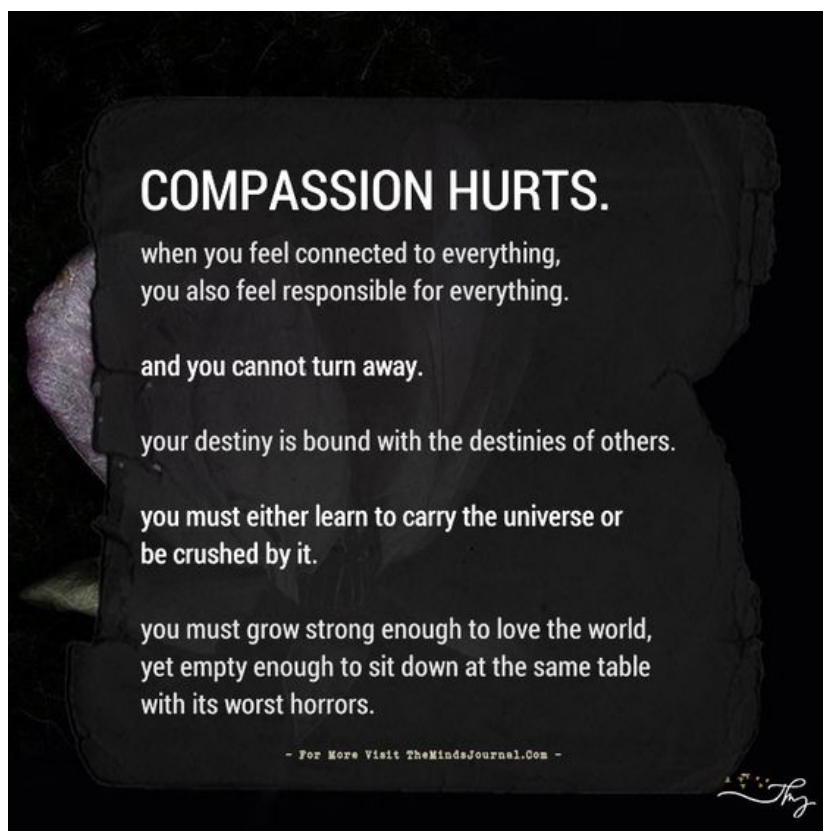
P. 109-112

Intro:

No part of the Self is denied, but there is suffering no doubt when we are in lower vibration and learning through fear. We Begin to realize that much suffering is unnecessary not only for ourselves but for all of the beings as well

**"While the soul may choose to learn through fear, or through lower nature, because everything is here to be learned through—not escaped from or run from, but learned through—as the Divine Self sees itself and knows itself beyond fear, it releases the need to confirm fear because fear is in low vibration. And the Divine Self as you, that has come as you, operates in higher frequency and must claim all things in a congruence of that high octave in co-resonance."**

The theme that involved or evolved tonight was that of compassion. I do not believe that we have spoken about that too much. The major portion of our Focus in various ways is distinguishing between the perception of our lower self as compared to our higher self.



COMPASSION FLOWS  
FROM THE  
REALIZATION:

**"To realize the Divine is present in all things is not to confirm that there are things happening that you could not agree to or confirm**

as a personality self as a positive thing. We don't ask you to abnegate the power that you've been gifted with to discern, but to understand that, as nothing is out of God, the very presence of the one who knows who he is, what she is, how he serves, reclaims what is seen and re-known in a higher octave to lift it to a new sight, a new awareness of reclamation. "

With the introduction of the energy of compassion we are adding another layer on our learning. Even when we are involved with our higher consciousness we think about it as being "mine(my Divine Consciousness), somehow distinct from yours. I know that we know that's not true, but it is so easy to fall into that limited realm of consciousness which even tends to separate the Divine self that I am from the Divine self that you are.

it is difficult to grasp with the thinking mind, how we can all participate in this Divine Self, this Oneness, and at the same time be a unique expression of that Oneness. Perhaps that is The Balancing Act we are all called to in this journey on Earth.

key element to Oneness is that of compassion:

It might sound rather codependent to the limited self but in the world of spirit I would find it very difficult to be happy or content or peaceful if my brother or sister is in pain.

When your fear touches  
someone's pain it becomes pity;  
when your love touches  
someone's pain, it becomes  
compassion. To train in  
compassion, then, is to know  
all beings are the same and  
suffer in similar ways,  
to honor all those who suffer, and  
to know you are  
neither separate from nor  
superior to anyone.

Stephen Levine

Compassion is a fundamental human emotion and virtue that involves recognizing the suffering of others and having a desire to alleviate or reduce

that suffering. It is a genuine concern for the well-being of others.

Compassion goes beyond simply feeling sorry for someone; it motivates action and a desire to help.

Compassion can manifest in various ways, from small acts of kindness to larger efforts aimed at addressing societal issues. It can be expressed through lending a helping hand to someone in need, offering words of encouragement or comfort, or providing emotional support to someone going through a difficult time. It can also extend to broader contexts, such as advocating for social justice, promoting equality, and working towards the betterment of society as a whole.

True compassion embraces the idea that all human beings are deserving of dignity, respect, and understanding.

Research suggests that practicing compassion has numerous benefits for both individuals and society. It can contribute to the well-being and happiness of both the giver and the receiver, enhance interpersonal relationships, foster a sense of community, and promote prosocial behavior. Compassion also has the power to bridge divides, promote understanding, and contribute to the creation of a more compassionate and empathetic world.

From compassion also flows the energy of love/wisdom. Love without wisdom can be

overly emotional and lacking some essential boundaries for those of us who are still growing to understand the essence of unconditional love. Wisdom without love can be rather cold and separate from our humanity.

## BE THAT ONE

**Be that one. That one who forgives  
when deep offense has been committed.**

That one who loves when no one else does.  
That one who gives kindness to those who are mean.  
Be that one who looks past the insult.  
Instead seeing the pain that motivated it.  
That one who shines light upon those  
who sit in utter darkness.

Because the impact of being  
that one runs far and wide.  
It brings healing to the wounded, joy to the sad,  
and hope to those in despair. Be that one.

- SHERI ECKERT | TheMindsJournal



The energies of love and wisdom can be intertwined in a powerful and transformative way. Love and wisdom are often regarded as two fundamental aspects of human consciousness, and when they are harmoniously integrated, they can create profound positive change in individuals and in the world.

Love, in its highest form, encompasses unconditional acceptance, compassion, empathy, and a genuine care for the well-being of others. It involves recognizing the interconnectedness of all beings and fostering a sense of unity and harmony. Love inspires acts of kindness, forgiveness, and nurturing, and it seeks to uplift and support others without judgment or expectation.

Wisdom, on the other hand, relates to deep understanding, insight, discernment, and the ability to make sound judgments. It involves the integration of knowledge, experience, and intuition to gain a broader perspective and make decisions that align with truth, fairness, and the highest good for all. Wisdom encompasses self-awareness, self-reflection, and an ongoing commitment to personal growth and learning.

**The paradox of our age**

We have bigger houses but smaller families;  
more conveniences, but less time;  
We have more degrees, but less sense;  
more knowledge, but less judgement;  
more experts, but more problems;  
more medicines, but less healthiness;  
We've been all the way to the moon and back,  
but have trouble crossing the street  
to meet the new neighbour.  
We built more computers to hold more information  
to produce more copies than ever,  
but have less communication;  
We have become long on quantity,  
but short on quality.  
These are times of fast foods but slow digestion;  
Tall man but short character;  
Steep profits but shallow relationships.  
It's a time when there is much in the window,  
but nothing in the room.

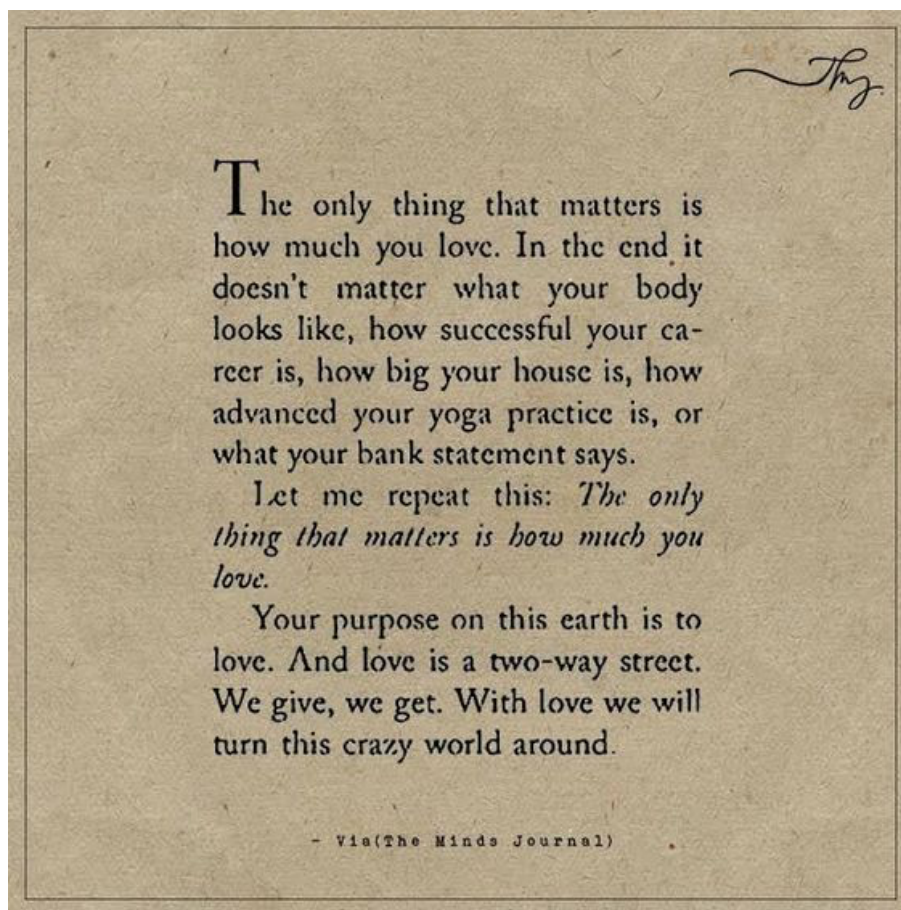
**Dalai Lama -**  
| TheMindsJournal

The Age of  
**ENLIGHTENMENT**

Ultimately, the intertwining of love and wisdom involves an ongoing process of self-reflection, self-awareness, and growth. It requires cultivating an open heart and an inquisitive mind, and a commitment to living a life guided by both compassion and discernment. By embracing these energies and allowing them to work in harmony, we can cultivate a more enlightened and loving existence for ourselves

and the world around you.

Overall, compassion is a powerful force that can relieve suffering by providing emotional support, fostering understanding, prompting action, promoting well-being, and building supportive communities. It has the potential to create positive ripple effects, making a meaningful difference in the lives of individuals and society as a whole.



**"Understand, friends, it is the Divine that witnesses and acts upon it, not the small self who would run and fix it as she assumes it should be fixed, and not as the aspect of self that would deny responsibility for**

**what she witnesses, but the self that knows who she is, and, because she knows who she is, she realizes herself in participation to the thing seen. Understand what this means. If nothing is outside of God, and the Divine as you is present and you are witnessing suffering, you are claiming the action of God, the presence of God in realization through what you are perceiving. To**

realize is to know, and when something is known in the high octave, it is reclaimed and re-known and lifted to the essence of Source that permeates all matter."