

COMPASSION IN THE NEW ENERGY

To begin with lets see the definition of compassion :

Compassion is the emotion that one feels in response to the suffering of others that motivates a desire to help (wikipedia)

In the reality as we know it, compassion is a concept that is really from the old energy. The idea of the suffering of the other and the wish of finding remedies are with no respect of the divinity and sovereignty of this person. The concept is even more turn out of ourselves towards others that we judge being in the need.

In the New Energy , Compassion is the total love to ourselves, of ourselves, total trust in us, unconditional trust to all of what we are, each of us, individually. A notion that for the most of us is totally new and revolutionary. In our societies, love is something we give to others, in no way to ourself. We could here have a hole presentation on the fact that our structures, social, political and religious seclude us from ourself, but it would not bring us anywhere.

The Compassion in the New Energy is a new element in our life, a new dimension coming into our reality that is going to change deeply our life. To integrate it in our own reality we, first of all, need to become aware of the huge lack of Compassion we have toward ourselves. To choose, make the choice to love ourselves, to support and nourish this choice there is the Breath, the Compassionate Breath, to Breathe Consciously deep in ourselves. From there, it is about allowing, accepting and letting unfold, to have total trust in ourselves. Then the integration, the manifestation will happen, one step at a time, one breath at a time.

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