



Embracing the Truth of Your Divinity

Compassion: A Gift to Yourself and Humanity



By Jackie Self

What if... we all connect to each other from the Heart?

*What if... the secret to fulfilling personal dreams is to exemplify
Unconditional Love in everything that is said and done?*

*What if... living in a state of Unified Love Consciousness
is everyone's Divine Destiny?*

As I contemplated this article, I received an image of a young child wrapped up in a blanket. In this image the child was rolled up very tightly inside the blanket. Then another child pulled the outside edge of the blanket which started an unwinding process, releasing the child completely from the blanket. Is this a remembrance of my childhood? I am not really sure, I do have two brothers and two sisters, and we did like to amuse ourselves in various ways. What I do know for certain, is that this image gave me a reference for how to express my thoughts and understanding of how Being in a state of Compassion can be Beneficial for all of us as we experience the effects of the COVID-19.

What is Compassion and How can I Embrace it?

Compassion is like a warm, Loving, Blanket of Acceptance that says *"I understand and I care"*. This is a Beautiful gift we can give to ourselves. As this warm Blanket of Acceptance is Embraced, it has the capacity to radiate outward in Loving

frequencies that can be felt by others. It is a Source or sustenance that has no expectations, it just IS and available whenever we consciously choose it.

“When you heal yourself you heal the world.” ACIM

Compassion can ignite Loving thoughts that relax the mind and body and allow old belief systems and repetitive behaviors to unwind in Divine Timing.



I first gleaned an understanding of this concept in my early days of Motherhood. Old feelings that I had experienced during my childhood, in regards to my own Mother and Father’s actions and inactions toward me, re-surfaced. Through reflection, I finally understood that *“They did the best they could with what they had.”* Once this became a part of my belief system, I was able to respond to them in a more Loving way. Of course all of this took time to integrate, yet I believe it was the beginning of my development of Compassion within myself. I also became more forgiving of myself in my own role as a Mother, while allowing my children to “have” their own experiences without expectations.

Expanded Vision

This year our ability to see with “double wide” vision is opening more fully. Being blind-sided or seeing from only one lens or perspective has created biased points of view. We can now use both right and left brain attributes for greater discernment and balance.

How we view ourselves and our reality will be a key factor in our ability to transcend an old paradigm of *pain and suffering* and move into a new paradigm of ‘Divine Abundance and Joy.

During this time of COVID-19, we are given a wonderful opportunity to view any dualistic thoughts or energy patterns that we may have such as:

Right/Wrong -- Good/Bad -- Strong/Weak – Light/Dark
Pleasure/Pain – Male/Female

We can also reflect and instill Compassion for any unwanted emotions that we may feel such as:

Guilt – Shame – Resentment -- Remorse – Regret – Blame – etc...

Please take a few moments to express Compassion for yourself regarding any of the above energy patterns and unwanted emotions that present themselves.

Relax...

Focus on Your Heart...

Take three gentle breaths...

Embrace the energy that surrounds you...

Allow Lightness to fill your body...

Feel the sensation of Compassion as you view and reflect.



Listen as you receive the Beautiful gift of Compassion.



I wonder what changes we will make, individually and collectively, as we Embrace Compassion more fully and completely for ourselves.

Love & Namaste

Jackie

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