

Empathy vs. Compassion

I Am Isis, Your Divine Voice. In dealing with human relationships, love hurts in the absence of compassion. And here comes compassion again. Why do I bring this subject up so often? Because compassion, understood as the full and unconditional acceptance of All That You Are, allows and activates at the same time all the potential resolutions to any given situation or energy. This means that your mind is released from having to deal with an old set of instructions on how to react based on previous knowledge. In compassion, you can have a broader view of the truth of what may be happening. In the safe space of compassion, compassion for you, you can also feel all of your possible reactions without casting any judgments on them. You can release stuck energies from past memories and also the memory of pain, and therefore, you can stay with all of your awareness in the Now moment.

As I have said, compassion is a dimension. You can imagine it as a room or an open space that is absolutely safe for you, but keep in mind that safe does not mean protected, it rather is open to everything. In this space you can allow yourself to feel whatever may appear threatening or dark, and it will show up with all of its magnificence, completely unbiased. You can let any of your fears or angers just be there.

And since you are now more aware of your totality and multidimensionality, while you are in your space of compassion, you can also call in your imagination and choice. You will realize that, as you practice, that his space grows and becomes more encompassing. You can stay there and comfortably go through your day without having to touch pain to resort to compassion.

And whenever you do touch any of the emotions that you have usually ran away from, such as anger, resentment or pain, you can easily bring them in and make them yours to be recognized, transmuted and released.

As you can see, this way you are not processing situations based on old mental patterns; you are not just casting them away by trying not to think about them. This space of compassion requires your active presence in you, in a whole different position.

And then, you can look up to the person or situation that seems to be causing you trouble. It doesn't matter anymore if you understand him or her or the reasons that put you in such situation. Honor the parts that you may think you understand for they are part of the truth, but you are now allowing yourself to realize what is yours to be transmuted and be compassionate with the other person's history.

You are not mirroring anymore. In fact, mirroring was a way to see in the "outside" the things you did not want to claim for yourself. For example, if you ever felt envy for another's possessions, it was because you felt separate from the actual possibility of having that for yourself. If you realize that such possibility is yours and that you are not separate from it, then you can come to choose if you really want that or if it was just another signpost of your pain of separation. And then, in compassion, pain eventually dissolves.

Empathy, on the other hand, used to be the mind's approach to this type of compassion. Remember that no matter how complicated the mind could make things, it was always trying to serve you. But you were experiencing a mental era that is now coming to an end. Pretending that you could actually stand in someone else's shoes was a limited approach sustained by a limited mental awareness, but in love. In love for your own perceived limitations; in love for the limitations you saw in others. Your limited mental understanding of any given condition would keep you running in circles, creating once and again the same patterns. You have never needed to understand others; you have desperately wanted to understand yourself. And this will indeed enhance your own perception of your true sovereignty.

It may not happen all at once, partly because you are not linear anymore, and partly because you are doing this integration in a way that you can handle. So be soft on you. You are loved!

I Am Isis