



# Compassion

Many people have been affected by the Tsunami in Asia. My deepest condolences to those who have lost friends and family. An event of such magnitude touches everyone. It is an opportunity to express our compassion and know that no man is an island. We are in this life together.

Compassion comes from an open heart. We see suffering and we want to assist in whatever way we can. Many people watch the news on T.V. and feel saddened, angered, horrified, and want things to be different than they are. These images may also bring up feelings of helplessness such as "what can I really do to help?" Once an event has occurred, we need to accept what is in the moment, and move on from there.

In this beautiful sadness I am alone  
There is nothing left  
Every particle of matter I clung to  
is blown away.  
And in that eternal moment of nothingness  
The double edged flame of truth is revealed.  
None of it ever mattered and yet  
it all matters deeply.

The out-pouring of love and support globally is wonderful to see. Physical acts are necessary and need to be taken to rebuild people's lives. However, there is another way we can help.

How? By opening our hearts and being compassionate. Simply be still, clear your energy, and meditate for a few moments. Feel compassion in your heart then project it outward. Like dropping a pebble in a pond, the ripples touch everything in this sea of consciousness. Expand to include the whole earth and send love to everything. Do this regularly. You could even include those whom you believe have wronged you and all your loved ones. There is no need to distinguish between them. You are part of all that is, all that ever was, and all that will be.

"Even though you have a body and a personal life situation, as consciousness you are so much more. Everything affects everything else. There was a story about a group of monks who sat in meditation daily with the intention of clearing pollution from a body of water. When they were done, the water was clean."

~ (from a lecture by Drunvello in Seattle 1999)

"There have been physics experiments that demonstrated that the outcome of an experiment is influenced by the results that the researcher wanted. His desire affected the experiment!"

~ (from the movie What the Bleep Do We Know Anyway?)

Being compassionate, sending our love may have an amazing effect on those in struggle and pain. We are helping all of humanity, to heal and be whole.

"Feel the love of God...you will find a magic, living relationship uniting the trees, the sky, all people, and all living things; and you will feel a oneness with them. This is the code of divine love."

~ Parmahansa Yogananda

Compassion is an expansion of love into all levels of our being. In fact, it may be what we already are... love. Perhaps there were so many judgments that we forgot our true nature and started acting out some other belief system. One of the amazing things about consciousness is that, in the moment, you can realize the truth and can then become a part of your reality. This does not always happen, because the grip of our past patterns and conditioning can be so strong. We might glimpse the truth and then fall back into what is familiar. If this happens it is O.K. We need to begin our journey from where we are. Accept yourself as you are. Give yourself love and compassion. It may actually melt away those aspects that seem so unacceptable.

We cannot give to another what we do not have. Open your heart and see that you are the love you have been waiting for. Do what you can to be a loving and compassionate being and the world will reflect the light of that love back to you. However, you cannot give love to someone who does not want it. Sometimes there will be those who may even judge and resist you. Realize it cannot stick unless you allow it to.

When we embody compassion and live with an open heart, the world is already transformed. The love and compassion stirred by the Tsunami are an example of something beautiful springing forth in response to tragedy. It is my wish that this love and compassion will become the norm. There is no need to return to a past human dynamic of self-interest and greed. When we act from a loving compassionate place, all is uplifted.

Cynthia Vangolen enjoys sharing insights with those exploring their true nature. When past issues and patterns interfere with life, a safe space is created to make profound shifts through honouring presence. She offers private consultations, meditations, and classes. With over 20 years of experience as an intuitive counsellor, she welcomes your comments, questions, and requests. For more information call (604) 657-3465.

