

True Compassion

How could one ever *truly* understand when someone is experiencing their unique version of pain? A painful experience could be in any form of dis-ease: grief, fear, unease, lack of purpose, heartache, a sense of loss, fear of death, rejection, unexpected illness, physical separation, a devastating diagnosis, overcoming a disease, anxiety, anger, jealousy, envy, belief in abandonment, feeling alone, despondent, discouragement, depression, and the list of fear in its countless forms goes on and on.

How could we truly appreciate one's perspective of pain if we had not experienced these forms of fear at some point ourselves? For having been through our own form of pain and darkness, we found compassion for ourselves. Only after we find this compassion for ourselves can we truly extend this compassion to all forms of life.

The true compassion, empathy, and understanding that highly sensitive souls have for humans and other beings with whom we share this Earth, galaxy, multiverse, and universe is never lost or wasted once it is fully felt and embodied. It becomes a holy presence of peace; an extension of compassion shared with all life when it is deeply felt and understood on all levels of existence.

Chapters in life may be filled with countless challenges during our physical experience on Earth. Each life chapter can be a day, a week, or many years. But rest assured; each time we go through a period of darkness, where we appear to be far away from the light of our true beingness, we are being given a gift that is enveloped in strange wrapping paper. For every gift of discomfort and dis-ease (in whatever form it may take) - can be transformed into true freedom and revolutionary transformation.

But we must have the courage to open the gifts in strange wrapping paper.

No matter how horrible the strange gift may appear to be (through the lens of our limited human perception), if we choose to look at the strange gift without fear, guilt, shame, or blame, we will find the unexpected. We will discover what we have been looking for all this time: Unconditional love, compassion, acceptance, and peace.

If we set aside the mental egoic mind and choose the Compassionate Witness to show us how to compassionately observe what we are moving through, we can see beyond what we are feeling. We can become less identified with our thoughts. We can come to question every belief. If we consciously choose to hear the Teacher of Compassion, we can hear the gentle whispers of our Soul.

We can find our unique path to peace and empowerment.

Pain in its myriad of forms can become our conscious (or unconscious) chosen-comfort-zone. Staying “stuck” can be a big payoff to the personality. Suffering has great advantages to the small, egoic self. The unfamiliar is frightening to the fearful mind. The familiar is always safe. But what is safety? Protection from that which does not need to be defended? Subconscious defenses erected to save oneself from perceived dangers? And at what cost?

... Our Peace.

In every painful experience we have a choice: We can remain comfortable where we are or choose a path to true freedom. We can choose compassion for ourselves when we are experiencing a life challenge, or we can choose to judge and compare ourselves to others. We can make ourselves wrong, inadequate, and unlovable. Or we can see beyond what we are feeling and believing. We can question every painful emotion, every judgement, every idea, and every thought.

It is always a conscious and unconscious choice. Our power is held within these moment-by-moment choices. That is why each moment can be a new beginning. This is our innate, divine power. Pain or peace are always our choices to make. Which one we choose will be what we experience within the density-realm of time and space, as well as outside of time and space.

The pain can become a path for our Soul’s evolution and greater understanding on all levels of existence. But we must choose this path to experience peace and empowerment. Through the Higher Mind and Higher Heart - the foundations of our true Self - we find unconditional love and True Compassion for our small self as we are struggling. We remember the Love that we ARE, as our Holy True Self.

With this multidimensional evolution of self and Self, we are then able to extend our unconditional love, compassion, kindness, patience, and understanding with every being who experiences challenges along their path. Having healed our various traumas, genetic pathways, and inner wounding through diving deep into

the shadows, we are able to see beyond them, to the truth of what remains without the stories. After we have climbed out of the caves of discomfort and shadowy fears, we find our Self standing peacefully in the Light that was never lost. Our Light was merely hidden by the shadows we once believed in.

When we have regained our Inner Standing, we can then extend our True Self and welcome others with an open healed heart and open freed mind. We can see beyond the form of pain and discomfort to the Light that cannot be dimmed. When it is their time to climb the jagged hills and walk through the darkest valleys, we are able to fully and truly be there for them in whatever form is the most loving and helpful.

For we now truly understand; we have crossed the precipice from pain to peace. Even when we doubted it would ever end, we eventually reached the other side. We found our inner compassionate compass that led us Home.

But on the journey, we never walked alone.

For the moment we asked for support from the unseen realms, it was provided. As we were suffering, we were immediately surrounded with the wings of shelter, comfort, unconditional love, compassion, patience, kindness and understanding. Through the law of Grace and the Light of Love's warming embrace, we received the Gifts of Creation that came from a gift wrapped in strange wrapping paper.

The pain became our Path of Empowerment. The empowerment led to a peace that transcended all understanding. The safe and familiar comfort zone of discomfort became something we could not participate in anymore. We unlocked the door to our self-imposed jail cell. We let ourselves be free! And we now *remember* to Remember: it is always a choice.

We now consciously choose to See things differently. We choose a new path in each moment. We now prefer peace to pain. We now claim our sovereignty. We now know each moment is a new beginning. We now choose the Teacher of Kindness and Love with each discomforting thought. We now see beyond the shadows. We now fearlessly dive deep into the depths and shine our everlasting Light. We now readily ask for support, and we know we shall Receive. We now graciously and gratefully receive, and we now share this Grace. We share, extend, expand, and heal together. For we now know there is no real separation; we are One.

Written by A. Martin

Every being has either something to learn or to teach. May we have the courage and humility to be both teacher and student. And may we be able to discern when to be each. – A. C. Martin

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