

🎙️ Episode 1: Foundational episode introducing core principles of Compassion, Trauma, Forgiveness

Welcome to *WisdomGuru*—
where the hard things of life meet the light of God's love.
Here, we talk honestly, heal deeply,
and remember—
even in the pain, there is always grace.

Hi I'm Beth.

Welcome to the first episode of this podcast.

There's no roadmap here.
Just heart. And healing.
And an invitation to sit with what's real. From my point of view of course!

This space was born from a single question:
What if we've been seeing each other all wrong?

Because beneath the behaviour...
beneath the wound...
beneath the story we tell ourselves about who someone is...
There is still a soul.
Still light.
Still love.

I want to talk about something that changed my life:
Learning to separate the person from their behaviour.

It sounds simple.
But it isn't.

Because it's the behaviour that hurts us.
That confuses us.
That breaks our hearts.

But the person behind the behaviour?
They are carrying pain too—
usually more than we'll ever know.

We all come from somewhere.
From someone.
From a lineage that shaped us—
for better, or for worse.

It taught us what love *looks like*.
How to survive.
What not to speak of.

And for many of us, survival meant silence.
Shame.
Or abandoning ourselves just to make it through.

But what if we could be the ones to break the cycle?
What if it could end with us?

Not by excusing harmful behaviour.
But by refusing to carry it forward.

That takes presence.
It takes practice.
It takes the courage to feel what others could not—
and still choose love.

I've had to do this in my own life.

I've sat with the pain of not being seen,
not being accepted,
not being understood.

And in that ache...
I came face to face with compassion.

For myself.
And yes—even for those who hurt me.

Not because what they did was okay.
But because I finally saw the truth:
They were hurting too.

This—
this is Christ consciousness.

To look into the face of someone who rejects you,
who misunderstands you,

who cannot love you the way you need to be loved...
and still choose to see their soul.

To remember:

We are all just walking each other home.
Some of us with heavy baggage.
Some of us with hearts full of grace.
Most of us—with both.

So today, I leave you with this:

Where in your life are you being asked to soften—
not to become small,
but to become strong in love?

Where are you carrying pain that isn't yours anymore?

And how might things shift
if you paused, even for a breath,
and asked:
What is this soul trying to teach me?

Thank you for being here with me today.
For listening—
to life, to love, to your own healing.

This is just the beginning.
We are unraveling the old stories...
And remembering the truth beneath them all:

You are love.
You are light.
And you are never alone.

This is WisdomGuru.
Where compassion breaks cycles,
forgiveness sets us free,
and love has the final word.

Until next time, walk in grace.