

 **WisdomGuru: Compassion — Meeting Ourselves and Others with Love**

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.

Hello friends, this is Beth, and welcome back to WisdomGuru.

Today, I want to dive deeper into **compassion** — what it really means, and how it shows up in our lives in ways we might not even notice. And when I think about true compassion, I think about **Jesus**. How He met people exactly where they were — the sick, the lost, the outcasts — without judgment, without conditions. He held space. He saw their struggles and loved them fully. That's the kind of compassion I want to bring into my own life.

For me, compassion has been both a gift and a challenge. My brother has offered me such profound compassion — in simple, real ways.

He allowed me to move onto his farm, giving me space to heal, to breathe, to reset my life. He didn't judge me for where I was or how I got there. That simple act, that space he gave me, taught me a lot about what compassion really looks like in action — it's about holding space for someone, even when it's messy, even when you don't have all the answers, and especially when it disrupts the life of the person offering that compassion.

It also makes me reflect on myself. Am I living with that same compassion when I engage with others? Especially in challenging relationships — like with my daughter. I've had moments where I noticed myself bristling with expectation or frustration, and I had to pause and ask: Am I really meeting her with understanding, or am I carrying my own judgment? One small but powerful moment was when I consciously let go of needing her to respond or act a certain way — and simply allowed space for her to be. In that instant, I felt a softening in my own heart, a deep relief, and a recognition that this is exactly how compassion works: creating space without trying to control.

This is where the Divine comes in. I feel that compassion is really a channel for Divine love. When we connect with God — or the Source of love, light, and wisdom — we start to see people differently. Their struggles aren't a threat, their mistakes aren't a judgment on us, and our own shortcomings don't

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define us. Compassion becomes a living energy, flowing through us to others, quietly healing and uplifting.

Compassion, when anchored in **Jesus' love**, becomes more than kindness. It's a channel for Divine love flowing through us. It softens our hearts, shifts our energy, and transforms relationships. And the beauty is, we can extend this not only to others but to ourselves — forgiving our mistakes, meeting our struggles with grace.

So, today, I invite you to reflect: where are you withholding compassion? From yourself, from someone you love, from a situation that's difficult? And what would happen if you let Divine love flow through you to meet that moment with understanding? Even just a little shift — noticing, breathing, opening your heart — can change everything.

Compassion isn't a weakness. It's a strength, a bridge, a doorway into connection and love. And when we root it in Divine awareness, it becomes transformational, for us and for the people around us.

Take a deep breath, and as you exhale, let a little more compassion flow through you.

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

Until next time, walk in grace.