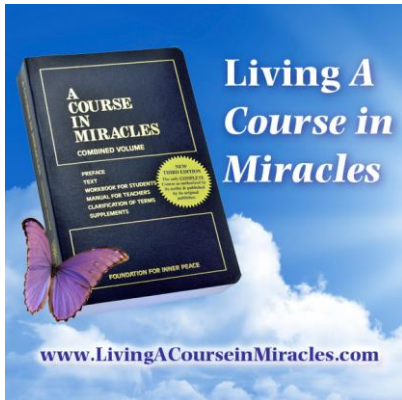


August 07, 2018



Developing Deep Compassion



 *Jennifer Hadley*
your daily shot of spiritual espresso

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August 7, 2018

Developing Deep Compassion

Welcome to *A Course in Miracles: Living the Love, Walking the Talk* with Reverend Jennifer Hadley. Get ready to focus on your intent to be the Love, be the Peace, through practical application.

Here is your host, Reverend Jennifer Hadley.

Jennifer Bonjour! Bonjour! Bonjour! So happy to join with you today! It's my last day in Vermont. I'm departing later. Anybody who's going to Sat Nam Fest in Lennox, Massachusetts, I'll see you there! My first time at Sat Nam Fest, the Kundalini yoga extravaganza. I trust it'll be a lot of fun!

I'm grateful that we are joining together, right here and right now, for the purpose of expansion and healing.

Opening Prayer

Let's take that breath of Love and gratitude together and be so grateful and so thankful to place our hand on our heart and to open our mind, to open ourselves to the fullness of Love, to say, "Yes!" to our Wholeness and our holiness.

We are grateful and thankful to join together **as** the very Love of God. We're opening ourselves to transformation, to healing, to a new understanding of perfect Love, compassion. We are grateful and thankful to say, "Yes!" to this adventure in healing the mind.

We are grateful to Partner UP with the Higher Holy Spirit Self, and say, "Yes!" to letting go of the blocks to Love, to standing **for** Love, **with** Love, **as** Love.

In gratitude, we share the benefits with all, because we are One with them. In gratitude, we **let** it be. And so, it is. Amen. Amen. Amen. Amen.

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Compassion “For the Least of Them”

Yes! Mmm!

Our topic today is a request, “Developing Deep Compassion”. It is certainly one of the things that our elder brother, Jesus, **taught** us how to do. But, we forget.

One of my favorite things that He said, according to the New Testament, He said, “What you do to the least of them, you do to Me.” That was part of His teaching on the Unity of all life, that if people who loved Him could grasp that “What you do to the least of them, you do to Me **because** we are One.” Such a beautiful and subtle teaching!

What I energize and pray for is those that **do** Love the Master Pastor Jesus, and call themselves Christians, would really take that to heart and live that --“What you do to the least of them, you do to Me.” I pray for that. I pray for my **own** ability to **completely** walk the talk and live the Love. And, being One with all, I pray for **all** to do the same. Mm-hmm!

What is Compassion?

First, let’s just start by describing compassion and really making sure we understand what compassion is. I’m going to give you **my** definition, and it is “loving understanding”. Compassion is extending Love and understanding together. It’s nonjudgment. It is Love by -- it’s the ground of our Being. “Love is ground of our being,” [said with an accent] Deepak Chopra might say. Maybe I’ve got to work on my Chopra accent -- or, impersonation.

But, Love is the ground of our Being. Love is the field in which we live, move and have our being. Love is All, and compassion is an **expression** of Love that extends understanding.

***Compassion is
extending Love
and understanding
together.***

So, for instance, I’ve had the opportunity to meet and to listen to folks who teach compassion, because things have happened in their life that are really devastating, and they’d like to be able to learn from it. That’s how they can **live** with it.

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Compassion, Forgiveness, Nonjudgment

I remember -- I do not recall their names, but I believe they wrote a book. Somebody might remember their name and can put it in the radio show Facebook group.

Which, by the way, if you're part of that Facebook group, **please** share, **please** comment. You can also put there, radio topic suggestions. Love to hear your comments and your feedback there so much! Really, really do love that! "A Course in Miracles Radio Show" I think is the name of the Facebook group.

There were these two gentlemen that I heard speak a few times when I was involved in "A Season for Nonviolence" in Los Angeles, which I was for many years. They were a father and a grandfather. I may not get the details correct, but their teaching emerged from their life experience, where one of them -- I think it was the father's son was killed by the grandfather's grandson, something like that. One of them, one of the boys --or young men. I think they were both teenagers, but I don't recall the details -- one of them killed the other when he was delivering a pizza.

***True forgiveness is
being able to see
things as they are, and
to recognize all things
work together for
good, and there is a
purpose to everything
under the sun.***

It was a kind of a crazy moment, crazy kind of a "gangsta" moment, in the killer's life. And the father and the grandfather got together and the -- I believe it was the father's son was killed, and he was able to say to the grandfather of the boy -- I just don't remember which one got killed -- but one of them was able to say to the other, "I forgive **your** child for having done this to **my** child." They wrote a book together, as I recall, and they were on tour speaking. This was many years ago. Very inspiring! Very inspiring, indeed!

And **that's** compassion! Forgiveness and compassion are often together, in the sense that **true** forgiveness is nonjudgment. It's having **no** opinions. It's having **no** attack thoughts. It's harboring **no** resentments, **no** blame. That's what true forgiveness is, is being able to be a witness to see things as they are, and to recognize--as crazy as it seems to the ego -- to the Spirit, all

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things work together for good, and there is a purpose to everything under the sun. “*Turn, Turn, Turn*”, that’s The Byrd’s song.

Compassion is that loving understanding, that -- for instance, when someone eats that last piece of cake, and you didn’t have any, and you were saving it, and you can recognize that your nephew who ate it, **oh!** He wasn’t intending to do you any harm, and you just have loving understanding about it.

Maintaining a Peaceful Life

It can also be when someone has been unkind, mean, attacking, resentful seemingly, maybe for no reason. They got provoked, and they went off, like this boy did, and killed the pizza delivery boy. You **can** look at that, and look at the people involved, and say, “**Yes**, the actions were insane. **Yes**, the words that were said, what was done, was unloving, unkind, unhelpful, attacking, frightening -- whatever it could be described as. But **I** am going to respond with Love. I’m going to extend Love in the form of having compassion, which means I’m not going to judge this. **Or**, I’m going to let my judgments go.”

I’ve definitely learned that life stays peaceful, it **remains** peaceful, it **is** peaceful, when I do not judge. And then, I don’t **need** any forgiveness, because I haven’t judged. So, I prefer to live a life of nonjudgment. Am I there 100% of the time? I am not. I don’t know what the percentage is --92% comes into my mind as I’m saying it. Thank you, angels. Okay. I’ll take 92%.

***Maintaining
Peace is what
happens when
we practice
nonjudgment.***

I’m pretty darn happy with 92%, based on where I came from when it was probably the **reverse**. 8% of the time I was nonjudgmental, and 92% of the time I was attacking, criticizing, blaming, shaming, resenting, guilt, taking offense every which way. Judge, judge, judge! What **new** way could I judge. Seriously! That’s how I used to approach my life. **No wonder** I was miserable!

Maintaining Peace is what happens when we practice nonjudgment. Compassion is extending Love rather than judgment. One of the great things about the world we live in today, is there’s so much opportunity to

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extend compassion to the person who has done something hateful, something unkind, something really hurtful. To have compassion.

Because I used to be unkind, and be hurtful, and say mean things. If only people had really been able to have compassion for **me**, and say **to** me, “Sweetheart, darling, let’s see what’s underneath all this rage. Let’s see what’s underneath all this attack. Would you like some support for letting it go, so you can find Peace?” I don’t recall anybody **ever** saying that to me. Really. I don’t recall anyone **ever** saying that.

But now, **we** can say it without even saying anything. Because, sometimes to say something to someone who’s attacking and being hurtful will just provoke them more, because deep down they feel **so** guilty and **so** ashamed. Having compassion for that is being able to **look** at that and say, “You’re **still** lovable. You are **still** lovable.” Or, “I can still be loving **towards** you.” The **actions** aren’t lovable, but underneath the cry for Love, the same person resides.

Our job, as *A Course in Miracles* students, is not to buy into the projection and the perception. If what we’re seeing on the screen of our life is upsetting to us, we are **not** seeing what’s really there. We’re seeing **our** interpretation of it. Because the truth is liberating. If we were seeing what was **really** there, we would feel liberated. We would feel free. We would be **so, so** grateful! Mm-hmm! This is the truth.

Consistent Honesty, Faith & Trust

A deep compassion has no favorites, that we’re consistent. This is one of the main aspects of *A Course in Miracles*, is the ability to be **consistent**. In fact, in the *Manual for Teachers*, it is the second “*Characteristics of God’s Teachers*”.

The first characteristic is trust, and it tells us everything is based on that. Now, here’s how trust comes into play. When we’re **able** to extend compassion, to have Love that is understanding, **where is** our trust? It’s **not** in the ego. It’s in God, it’s in Spirit, it’s in Love. It’s in the power of Love to heal and transform **our** own heart, so we’re extending it to others to help **them** heal, because we’re One with them. That’s why **all** the other characteristics of God’s Teachers have trust as a foundation.

The second characteristic of God’s Teachers is called “honesty”. I love what it says about this. I’m going to share this.

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I'm going to take a sip of my spiritual espresso here. Wow! Really good!

"All other traits of God's teachers rest on trust. Once that has been achieved, the others cannot fail to follow."

That's why we focus on trust **so, so** much. Trust and Faith.

"Only the trusting--"

Only those people who are **trusting**,

"... can afford honesty--"

"Afford honesty." This is such a great way to say it.

"Only the trusting can afford honesty, for only they can see its value."

At a time when there is **so much** dishonesty that we're seeing in the media and with our politicians. Right? I think it's *The Wall Street Journal* that keeps a running tally, and a week or two ago, they said our President, God bless him, was up to 4000 things that were not true that he said, and he has an average of seven a day. It'd be really rough to carry that energy around, so we pray for him to have a realization of truth that is so profound he has a complete liberation from dishonesty.

"Only the trusting can afford honesty, for only they can see its value. Honesty does not apply only to what you say. The term actually means consistency. There is nothing you say that contradicts what you think or do; no thought opposes any other thought;"

That's what honesty is -- consistency.

"...nothing you say that contradicts what you think or do; no thought opposes any other thought; no act belies your word; and no word lacks agreement with another."

This is a big deal for a lot of people, that nothing you say contradicts what you **think** or **do**. I can say, for myself, that in my experience on this journey of awakening, what I've witnessed is that the more I value my connection with Spirit, the more I really am interested in this complete consistency.

And, the practice of nonjudgment and extending understanding and Love, compassion, really **helps** me to be consistent. Why? Because many times, before, as a spiritual student, I would say one thing and I would do another.

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Challenge to Heal Self-Medication

I'm going to tell you a secret here -- I'm about to do something I've never done before. I'm very excited about it, and I'm going to announce it by e-mail on Thursday -- probably at Facebook, too. But I'm going to tell you here, because otherwise if this is the only thing you listen to, you might miss it, and I wouldn't wish you to miss it if you are interested in it.

I'm doing a 5-day challenge about "[Healing Self-medication](#)". I was walking in nature and it came, like a flash of light, into my mind that this is how I could be helpful, is to do a free class--this is going to be a 5-day challenge -- a free class about self-medication.

In this 5-day challenge, it's about developing awareness so that we can **choose** healing, we can **choose** again, and create some dominion over the ego, and make new choices. Because, for me, I was so enmeshed in self-medication it took me many, many, many, many years to finally stop it.

What's great about it is, just like with smoking -- which is a form of self-medication. Overeating. Drinking. All the many different ways we can self-medicate. Work. Exercise. Cleaning. Shopping. I always say, the people who self-medicate with cleaning, come to my house and we'll have a session! But, I don't have a house, so there you go! -- what I can tell you is, for myself, I found that the self-medication was really just crushing me.

But, the more I found Freedom from fear, and did these practices that are in *A Course in Miracles*, the interest in self-medication **naturally fell away**. That's what I wish for everyone who joins me in this free 5-day challenge.

Watch your e-mail. I'm going to e-mail out on Thursday. And, watch Facebook. I invite you to come and do it with friends. Again, it's totally free. It's five days. We'll do a little bit of work each day, with the intention of letting go of this self-sabotage in the form of self-medication.

The Power of Consistency

"Only the trusting can afford honesty, for only they can see its value."

The value of honesty is that value of consistency. It's **consistency** that is attained **not** through some kind of **struggle**. So, for instance, if we can stop self-medicating because we've got control over our behavior, and we're telling ourselves, "If you **dare** have any sugar, or alcohol, or pornography or smoke -- " or whatever it is that you might be self-medicating with --" if

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you **dare**, then you are the worst scum of the Earth! You should be punished!”, if **that’s** how we’re manipulating ourselves -- or even, we could say “motivating” ourselves not to self-medicate, the mind is actually going to rebel at some point, and probably go **crazy** and erupt, like a volcano.

We’ve probably all experienced that. Right? In some way, shape or form. That’s why behavior modification, it’s really for those who are further entrenching with the **ego**.

This **compassion** for the Self, loving compassion for the Self, is learning to be consistently loving and understanding with the **Self**. It’s **powerful!**

The opportunity to be consistent is always there for us, and being consistent is, actually, self-compassion. It’s a loving expression. It says here, when we’re truly honest, truly consistent, at **no** level are we in conflict with ourselves. Then, we **are** living the Love. We **are** walking the talk.

Now, for myself, so many times I would fall down. And, I still do. I find myself irritated. Well, why am I irritated? Because I’m judging something that’s going on. And, I can change my mind about it.

You hear that music? It’s time for me to take a break. I’m Jennifer Hadley. You’re listening to *A Course in Miracles* on Unity Online Radio, and we’ll be right back!

Thank you for tuning in for *A Course in Miracles: Living the Love, Walking the Talk*.

Self-Attack & Sabotage

Ah, bonjour! Welcome back! I’m Jennifer Hadley. We’re talking about *A Course in Miracles*, we’re talking about “Developing Deep Compassion”.

We were talking about **honesty**, being **consistent**, having the **intention** to **be** consistent, to **be** honest with God, that we’re walking the talk, we **are** living the Love, we’re demonstrating it, we’re extending it, we’re releasing the blocks to Love as best we can each day. **That’s** the consistency that wears away the ego attachments.

I’m going to circle back for just a moment to -- because it’s so much on my mind right now, I’m preparing for this free class, this 5-day challenge on self-medicating. When I was self-medicating intensely, I had **no** compassion for myself. Why would I put myself through that if I had

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compassion for myself? I **never** would have. It felt torturous to me to say, over, and over, and over again, “I’m never going to do that anymore! I’m going to stop! I’m done with that!”

And then, maybe the very next day, or certainly in days, or however long, it might be back again. I would do things like, I would even go to spiritual classes, and on the way home, pick up a bottle of wine, a pack of cigarettes, to bring my vibration back down again.

That’s the thing about sabotage. Sabotage has a **purpose**. It’s not just to mess us up. It’s actually to **slow down** our spiritual growth and awakening. It’s to get in the way of that. It’s that self-attack.

So, I would do things like I would drink too much wine, stay up too late watching television, smoke too many cigarettes, drink too many beers, eat too many crunchy, salty foods, or too much sugar, or whatever it might be. Or, working, working until 2-3 o’clock in the morning. Exercising too hard, too many days in a row. **So** many different things. Or, chatting on the phone, endlessly, endlessly -- chatting, chatting, chatting! I had to tell every person I know **all** the details of my life.

Sabotage has a purpose. It’s actually to slow down our spiritual growth and awakening.

I don’t do any of those things anymore, although sometimes -- it’s not very often anymore, but sometimes I do feel like, “Oh, I ate a little too much.” or “I could have left off those last three bites.”

Oh, wow! I’m just remembering I had a dream about eating a bunch of sugar, candy and things, and even as I was doing it, I was thinking, “Why am I doing this? I don’t even like this stuff!” That’s funny! I just had that the other day. Part of this self-medication prep.

That was one of the things I would do, too -- maybe it’s for this moment right now. I would feel like I had to finish. Like, “Okay, I’m going to go all the way until I pass out, or I just can’t do it anymore.” So hurtful to myself. Then I’d wake up. I’d feel terrible. And, of course, I’d want to start self-medicating again **soon**, because I just felt awful, and I felt **so badly** that I had such **little** self-control. It was very intense for me.

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I'm so grateful that by **choosing** to have self-compassion, **and** compassion for my brothers and sisters, this practice of **extending** Love, that my self-attack, self-punishment, self-sabotage, and the ways I really would **hurt** my liver, my stomach, my lungs, that I just don't do that anymore.

And, I don't have to **stop** myself. I don't have to **prevent** myself. I don't have to be rigid. It's really **not** my choice anymore. And let me just say, my friend, I **never** saw that day coming! I just truly did not think **that** was achievable for me! But, Spirit made it so. Spirit made it so!

Being consistent is, for me, it's consistently relying upon Spirit to lead me and guide me, and to not go it **alone**. And, when I **am** consistently, throughout my day, looking -- and I do mean **looking!** -- for opportunities to extend loving understanding, to extend compassion, As *A Course in Miracles* would say, to join with others, and to be loving and compassionate--

I've got a chipmunk here that just -- oh, now the squirrel's at it! I'm sitting outside in the Vermont woods on this little porch of this very simple, rustic building, and the squirrels and the chipmunks are all over this place! They don't have any compassion. They **don't!** They will eat my things! [laughs] And poop on my stuff! But, anyway! They're just doing their thing. I can extend compassion to them. [laughs]

I really was amazed -- I'm **still** amazed! -- to really see, "Wow! I am **not** attracted to those things anymore! Not attracted! Because I'm loving myself!"

Eliminate Conflict in Your Life

I'm going to finish this little section on honesty in the *Manual for Teachers*, because it's just two paragraphs. I love this part where it says,

"There is nothing you say that contradicts what you think or do; no thought opposes any other thought--"

In other words, we don't have the thoughts like, "Oh, I love him so much! So precious to me!" and then "That son-of-a-gun! Ahh!" We don't have that kind of opposing thought that we're entertaining and jumping back and forth between Spirit and ego.

"...no act belies your word."

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In other words, you say one thing and do another. You're not doing that. It says,

"...no word lacks agreement with another."

Another way of saying "consistency".

"Such are the truly honest. At no level are they in conflict with themselves. Therefore it is impossible for them to be in conflict with anyone or anything."

It's interesting, because what pops into my mind is Jesus and the Pharisees, and Pilate, and all those things. But **He** was not in conflict with **them**.

They were in conflict with Him, and I think that's really important to note. He **knew** He was there to set an example, and to hold a vibration. He did that, and He didn't have a lot of conflict about it. I love that! It says here,

"The peace of mind which the advanced teachers of God experience is largely due to their perfect honesty."

I can honestly say that I have **yet** to achieve **perfect** honesty, but I'm en route. 92%. That's what I got today. Sharing it with you! Keeping it real!

"It is only the wish to deceive that makes for war."

Be mindful -- is there any part where you don't want people to know what you're thinking or doing? Give that over to Spirit. You don't have to analyze it, because that's what the ego does. You don't have to feel guilty or bad about it, because that's what the ego thought system is perpetuating. Instead, give it to the Holy Spirit. Have self-compassion. It says here,

"No one at one with himself can even conceive of conflict."

When we're wholly identified with the Holy Self, the Higher Self, the Holy Spirit Self, there's **no** dishonesty. There's **no** conflict. Conflict --and this is **so helpful**, you might want to write this down, and put it on a Post-It, put it on your mirror --

"Conflict is the inevitable result of self-deception, and self-deception is dishonesty."

Would you like to eliminate conflict in your life? Where you see conflict, where you experience conflict, it's a projection of your **own** self-deception. Ponder that, my friend! **Ponder that!** Ponder it **deeply**. If you'd like to have deep, deep compassion, ponder **that!**

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“Conflict is the inevitable result of self-deception, and self-deception is dishonesty.”

Sit down. Contemplate, deeply, where are you deceiving yourself?

One way I used to deceive myself was by sitting and fantasizing about having a better life. **Don't need that anymore!** I don't **need** it anymore. I don't **want** to live in a fantasy world. I'd like to live in **this** world, being 100%. 100% loving.

We Can Only Succeed

“There is no challenge to a teacher of God.”

Think of that!

“There is no challenge to a teacher of God. Challenge implies doubt, and the trust on which God's teachers rest secure makes doubt impossible”

All the time, people say, “Well, how do you **know** that?” I'm like, “Well, I know it because I **know** it. That's how I **know** it. I **feel** it's true.”

A lot of times people will say, “Well, how's **that** ever going to happen?” You know, like, “Here she comes with her fancy ideas! How's that ever going to happen? “I don't know. It hasn't been revealed yet. But that doesn't mean it's not going to **happen!** My job is not to figure out **how** it's going to happen. My job is to **allow** it to happen -- to **hold it** with God and **allow** it.

*Every single day
affords us
so many
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to extend loving
understanding.*

“Therefore, they can only succeed. In this, as in all things, they are honest. They can only succeed, because they never do their will alone. They choose for all mankind; for all the world and all things in it; for the unchanging and unchangeable beyond appearances; and for the Son of God and his Creator. How could they not succeed? They choose in perfect honesty, sure of their choice as of themselves.”

There it is! There it is! Honesty and consistency are **part** of our cultivating that deep, deep compassion, because every single day affords us **so many** opportunities to extend loving understanding.

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I just had one myself this morning. I waited too long to make some breakfast, and I was on the edge of “hangry”. Right? Feeling hungry and angry, because my blood sugar. And I share the kitchen with other people, and somebody was in the kitchen when I went in there. They prefer not to have other people in the kitchen when they’re in there, and I respect that.

It’s a little complicated, I’m not going to explain the details, but I felt like, “Ugh! I’d like to get in here and cook. You’re cooking. Okay, I’ll leave.”

The other person said, “No, I’ll leave.” They were there first. I said, “No, no, I’ll leave. I’ll go do something else, and I’ll come back.” But I was definitely like, “Ugh! Okay. I’ve got to manage my energy, so my blood sugar doesn’t drop.”

I went away, and I did things, then when I came back I also made some coffee. I said to this person, “There’s coffee. Would you like coffee?”

And so, we had a little chat, and the other person said, “Thank you so much for understanding and leaving me the kitchen.” I said, “No, I understand. You’ve got -- you like to be alone when you’re cooking. It’s fine. I really do understand. I respect that. I -- just myself, my blood sugar was dropping.” The other person said, “Mine, too.”

I said, “Well, there we go! All is well. And it truly is all well.”

Learning Compassion with Masterful Living

And so, not making the meaning of the experience that this other person was against me, or they didn’t respect me, or they were in my way --don’t need to make **any** of those meanings. I felt, **so much**, how they appreciated my understanding, and so we had a very loving, compassionate exchange.

These moments are **available all the time**. Right? And especially **anyone** who has children, or aging parents, or anything like that. There’s **so** many opportunities to have compassion.

I hear from folks in my yearlong [***Masterful Living Class***](#) -- right now, we’re past the half-way mark, and so people are **really** changing their lives, **really** changing their minds now. They’re **really** picking up momentum, and they’re **really** seeing how these practices, and the inner work that they’re doing, is **really** paying off in their relationships, in the health of their body, in their finances, in their happiness, all these different areas of

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their life. And so, they're beginning to be able to have more compassion for others and more **self-compassion**.

When we're dishonest with **ourselves**, we're more than likely going to **attract** into our life people who will be dishonest with us. That mirror is very strong, that when we're dishonest with others and ourselves, because like attracts like, we will bring into our lives people who will reflect that back to us. It can **seem** like we're their **victims**, but we are **not**! We are working together in tandem to **see** what can be seen, to **know** what can be known, and to make higher choices.

These are the kinds of things that we really look deeply at in [Finding Freedom](#), in [Masterful Living](#) because it's so helpful.

What's *A Course in Miracles*, Lesson 5?

"I am never upset for the reason I think --"

Well, so **why** am I upset? I'm upset because of the **meaning** I made of things. I'm upset because I've been judging, because I've been attacking, because I haven't been loving.

Life-Changing Practice Opportunities

Every day we can extend Love and compassion to the people we see on the news, to the people we see -- I used to, when I lived in L.A., and I would drive back and forth to Agape on the other side of town from me where I lived in -- well, technically I lived in L.A., but I was at the entrance to the Laurel Canyon on the West Hollywood side. So, I would drive to Culver City to go to services, or be volunteering, or take classes at Agape.

Along the route I went, it was a bus route, so all along the route people would be sitting or standing at the bus stops. I would **bless** them as I drove by them. Especially late at night, they would really catch my attention, and I could imagine how tired **I** would be if I had to wait for a bus to go home.

There were many times after a class, and we'd be getting out 10-10:15, and it'd be late, and somebody might be saying, "Could you give me a ride to the bus stop?" I'd say, "Well, where are you going? Are you going -- can I give you a ride further?" "Oh, that'd be great! Then I don't have to change buses!"

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I might go out of my way a bit to take someone, so they didn't have to take two buses, or three buses, out of **compassion**, understanding. It's late. We're all tired. We want to go to bed.

And yeah, it might take me another 10 or 15 minutes to go home, but that's okay! What I know is, you can't out-give God. So, I can extend a hand here, two or three hands are going to be extended to me in the future. It's just how **God Is**. Because when we're **sharing**, we're opening the door to **receiving** by being in that joining with others. That **extension**, that extension of Love.

Looking for, throughout your day, the opportunity -- instead of to complain, to extend loving compassion. **That is a life-changing practice, right there! Life changing!**

What keeps coming to me is this image of somebody going into the office kitchen to get some coffee, and there's something going on there that's annoying. "Ugh! Look! They left a mess!" They left all the coffee cups -- or spilled it on the counter, and the sugar -- "Good Lord! What's wrong with these people?!" Right? Could be the complaints. Like, "Why am I the only one? Geez! Why can't the person who drinks the last cup make a fresh pot? Hello!" Right? We have these kinds of thoughts.

Or, someone who steals your yogurt out of the fridge, or whatever it is. To, instead of complaining, instead of attacking -- because it's no good for **us**, right? If you've got inflammation, if you've got illness, the best anti-inflammatory is forgiveness. And even better, extend Love. Don't judge. Interrupt the pattern.

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From Complaining to Blessing

Wherever it is that you find yourself -- maybe you have a **habit** of complaining about this. "Gosh! Why don't they **ever** empty the dishwasher? Good Lord! Why am **I** the only one that empties the dishwasher?"

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We had someone in [*Masterful Living*](#) who was sharing that this was a pet peeve, that their spouse didn't fill the dishwasher, empty the dishwasher, these kinds of tasks. "Why am I the only one that does this?"

Well, first of all, if I find myself repeating, "Why am I the only one?" that's not going to interrupt the pattern. It's just going to keep it going. That righteous anger thing, right? The ego thought pattern is so strong in that righteous anger. That's a great way to identify with the ego, to complain like that.

In the class, it was so beautiful! The person made a commitment to letting that habit go, and in the process extending compassion, and realizing that **they** were the one that wanted the dishwasher emptied in a timely manner, and that it only took seven minutes to do it.

***Looking for the
opportunities to bless
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"And you know what? I was so glad to know that! I thought, 'Yeah! Seven minutes! I can do seven minutes!' So, while I'm waiting for these onions to sauté, or these eggs to cook, or whatever, I can unpack the dishwasher and feel good about it! I've got seven minutes to avoid any and all complaints, and instead to be helpful!"

And then, the great thing is, too, when we do things like that is, we **don't** have to talk about it. We **don't** have to let anybody know.

There are so many **ways** that we can extend Love and compassion throughout our day. I invite you to start making a **list** of them. Start watching out for them. That's what I did. I started looking around me, in my life, "Where can I extend compassion right now?"

It's a great thing to do if you're feeling irritable, if you're feeling put out or put upon, just stop! Stop that pattern! Give it to the Holy Spirit and say, "Okay. Now, let me look around. Where can I extend compassion?"

In the age we live in, you can just send a little text to somebody saying, "I'm thinking of you, and knowing that you're having a good day today!" Or, "I'm sending you a prayer and a blessing. I love you very much!" Little things like that. So easy to do! We can just look out our window, and look at the neighbor's house next door, and go, "May your day be blessed!"

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Looking for the opportunities to **ble**ss people, rather than to **com**plain about them, is **lifechanging!** It **com**pletely recalibrates us.

And, if we do that frequently enough, what I **know** is, healing happens at all levels -- physically, emotionally, mentally, etherically, spiritually. We're eliminating the **causes** of pain. **This I know!**

Blessings! Trainings, Transcripts & Retreats

Oh, my gosh! I'm so grateful to share this with you! I'm so grateful to all the people who make this radio show possible and make it possible for us to transcribe all of these shows. You can find them at LivingACourseInMiracles.com/radio. You can also make a donation, a tax-deductible donation at LivingACourseInMiracles.com.

A few things you may be interested in. we've got the [Teacher Trainings](#) here in August with Jon Mundy -- Inspired Speaking, Inspired Teaching, Inspired Writing. Three separate retreats.

In the Fall, [Forgive & Be Free](#), my weekend retreat. **Come do the deep work! End the pain and suffering!**

Then I've got my [Spiritual Counseling Training Intensive](#) in October, too. So many blessings!

Closing Prayer

Hand on my heart, I am grateful and thankful for the Love of God shining in our minds.

We are grateful and thankful to develop a deep compassion.

We share the benefits with all, and we **let** the healing be. In gratitude, we know it's done. And so, it is. Amen. Amen. Amen.

God bless you! Have a great rest of your week! Mwah!