



HAVING THE WILL TO HAVE COMPASSION IS RADICAL!

Will - The ability to choose, lead, and decide.

The disciple is Matthew. He represents the decision-making part of the brain.

The corresponding color is silver, and the location is the front of the **brain**.

Affirmation: I choose my good based on spiritual understanding



RADICAL COMPASSION

The act of **Compassion** can be like an active prayer that connects each of us heart to heart which makes it, a powerful and important element of our spiritual practice. Compassion includes, the qualities of empathy, love, consideration, kindness, and generosity. Radical compassion means total compassion – nothing is excluded.

According to philosopher *Khen Lampert*, “radical compassion is a specific kind of empathy directed towards the distress of others.” This type of empathy is called radical because it includes the inner imperative to change reality in order to alleviate the pain of others. According to Lampert, this state of mind is universal and stands at the root of the historical cry for social change. Radical compassion means total compassion with nothing excluded.

Here are 3 practices for exercising radical self-compassion for the wellbeing of yourself and all living things.

PRACTICE 1: SUPPORTIVE TOUCH BY Dr. Kristin Neff—Touching activates the care system and the parasympathetic nervous system to help calm down and feel safe. That is why physical self-soothing is a simple and effective way to soothe and comfort ourselves in times of high anxiety or distress.

Place one or two hands over your heart. Breathe deeply while placing your attention to the rising and falling of your chest, the warmth and gentle pressure of your hands on your body, and the feeling that this practice offers.

PRACTICE 2: RAIN BY DR. TARA BRACH

- **Recognize (R)** what is happening in my body and mind - the anxious thoughts and feelings ruminating, or the tension that might exist in your face, jaw, or shoulders.
- **Allow (A)** what is happening without judgment. You don't have to like how you are feeling, but try to allow it to be without the intention to fix or change anything.
- **Investigate (I)** the feelings of anxiety. Find out more about what it is you are feeling and where it is coming from. Ask your anxious mind what it fears, then ask yourself what you need.
- **Nurture (N)** the anxious parts of you. Speak to your anxious self and remind them that they are okay, safe, and loved. Give yourself the comfort that you need.

This practice can be exercised anywhere at any time intended to bring mindfulness to moments of distress.

PRACTICE 3: WRITE YOURSELF A LETTER:

Have you ever noticed how you talk to a friend who is struggling? Usually, when it comes to other people, especially people who we care about, compassion for suffering comes naturally. Why is it that when we speak to ourselves we often lose that gentleness, understanding, and compassion? Through letter writing, and accessing the perspective of your “higher self”, “compassionate self”, or “Self”, you are capable of comforting yourself as you would comfort a loved one.

<https://www.livingbetterlivesnwa.com/blog/2021/1/6/radical-self-compassion-tips-for-practice>





“And behold, a certain lawyer stood up and tested Him, saying, ‘Teacher, what shall I do to inherit eternal life?’

“He said to him, ‘What is written in the law? What is your reading of it?’ So he answered and said, ‘You shall love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind,’ and ‘your neighbor as yourself.’

“And He said to him, ‘You have answered rightly; do this and you will live.’

“But he, wanting to justify himself, said to Jesus, ‘And who is my neighbor?’

“Then Jesus answered and said: ‘A certain man went down from Jerusalem to Jericho, and fell among thieves, who stripped him of his clothing, wounded him, and departed, leaving him half dead. Now by chance a certain priest came down that road. And when he saw him, he passed by on the other side. Likewise a Levite, when he arrived at the place, came and looked, and passed by on the other side. But a certain Samaritan, as he journeyed, came where he was. And when he saw him, *he had compassion*. So he went to him and bandaged his wounds, pouring on oil and wine; and he set him on his own animal, brought him to an inn, and took care of him. On the next day, when he departed, he took out two denarii, gave them to the innkeeper, and said to him, “Take care of him; and whatever more you spend, when I come again, I will repay you.” So which of these three do you think was neighbor to him who fell among the thieves?’

“And he said, ‘He who showed mercy on him.’

“Then Jesus said to him, ‘Go and do likewise’” (Luke 10:25–37).

The Samaritan did not stop to ask if the man on the road deserved help. He did not make any effort to see if the man could eventually pay him back. He did not even consider his own safety. He just helped without question.

—Metaphysical by Rabel—<https://www.truthunity.net/books/ed-rabel-1976-new-testament-lectures-the-good-samaritan>

The first correct reaction to a healing need in any physical body is compassion. The compassion in the Samaritan was expressed in the outpouring of oil and wine upon the injured body. In the Bible, to outpour means, first, to share our consciousness with, of course, and then to think and speak words. This is to outpour words. Oil symbolizes love and compassion. Wine symbolizes the realization of spiritual light, so to outpour oil and wine on wounds means to think and speak compassionate healing words with love, as motivation, toward the damaged body. In these few words, Jesus has given us the pattern for proper and useful reactions and attitudes to have toward the physical body in time of need for healing; but please understand this, friends. This is not a lesson in healing! It is a lesson in how to react in a need for healing.

The good Samaritan parable is not a parable on how to heal, but how to react to an unpleasant healing need. It is just as valid as any other kind of Truth lesson, so the love for it and compassion for it and thoughts and words of spiritual light poured out upon the fact; so in essence this parable of the good Samaritan is a metaphysical outline of these important points: first, points not helpful to approaching healing. Healing of these beliefs, these reactions, are not helpful to the practice of spiritual healing. Healing is not helped by pretending sickness does not exist. Healing is not helped by theory or diagnosing illness. Healing is not helped by resenting the body for becoming sick nor judging why the sickness occurred.

31
DAYS IN THE
MONTH



**Women's
Equality Day**



**National
S'mores Day**

**Llama
Day**



**National
Waffle
Day**



AUGUST



**National
Video
Game
Week**

FUN FACTS

**National
Watermelon
Day**



**Peridot
Birthstone**



**Left
Handed
Day**



Astrology Signs



Leo



Virgo

**Poppy &
Gladiola
August
Flowers**



8

**th Month
of The Year**



**Back to
School
Month**

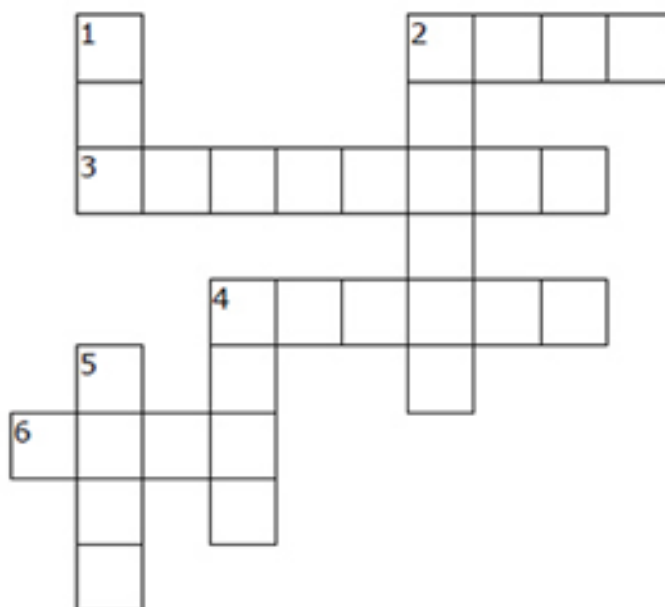


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Parable of the Good Samaritan

" 'Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind'; and, 'Love your neighbor as yourself.' " Luke 10:27

Based on Luke 10:25-37



ACROSS

2. A pathway for vehicles, people, and animals
3. Someone who lives very near to you
4. A person who performs religious duties in the church
6. To hit someone again and again

DOWN

1. An adult male human
2. Someone who takes money or property illegally from another person
4. To feel sympathy and sorrow for the misfortune or suffering of another
5. Not living

MAN	PRIEST	PITY	ROBBER
ROAD	BEAT	DEAD	NEIGHBOR



Name: _____

Date: _____

Compassion

S W U D O B S O L I C I T U D E N
H I N R E C N O C A F S E O P Z O
N W V I M I X X R I Y X X T G W I
A Y H T A P M Y S T R P A M N S V
K Y E D B E B T I W P D X B I X F
E H W U O E P V T T B P B L R R Y
M X S T O E I O E W V E T H A W C
P M W J H T L N A M U I L Z C T R
A T A Y I E D R R H O I O L I Y E
T U K S R E M E D G J L V E E T M
H Z N A R T S V Q E B H E N N I T
Y E N N H P E E S C U S J I T N X
S C E K E I X Q Z K P J Q E J A P
E S G C Z C G N I L E E F N B M I
S P T F D Y T I R A H C P C X U Y
S C B Q O K I N D N E S S Y J H E
G J C M O L P Z S I R I O K Q J U

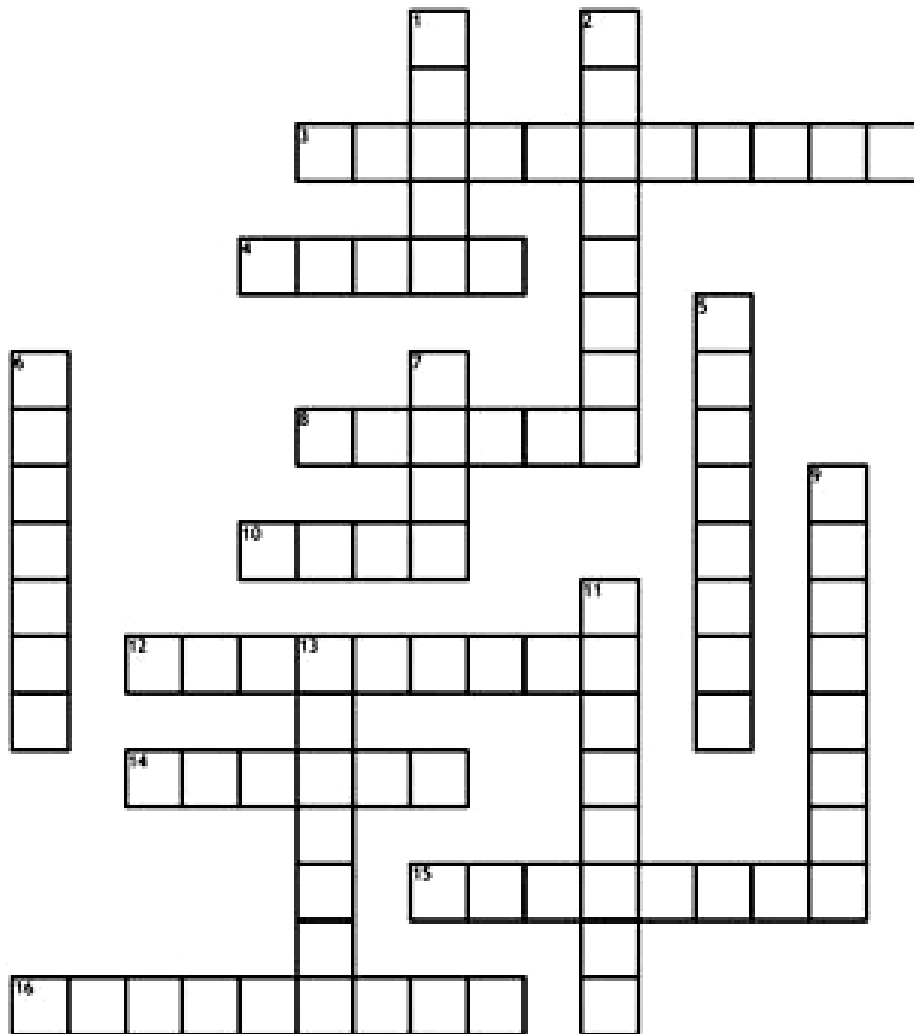
sensitivity
humanity
respect
empathy
love

tenderness
kindness
charity
caring

solicitude
leniency
concern
warmth

tolerance
sympathy
feeling
mercy

Self Care



Across

- 3. A lightbulb moment
- 4. We all love this when it's quiet
- 8. Building on yourself
- 10. A long one will do you good
- 12. Never give up
- 14. Something you do to make yourself feel better

Down

- 1. Sounds to sooth your mind
- 2. You're stronger than you know
- 5. Put yourself first. Be your own
- 15. Be Still and quiet
- 16. Release your inner child

- 6. Write down your thoughts and ideas
- 7. Occupy your mind with words
- 9. Find _ in the little things
- 11. Taking time for yourself and
- 13. Accept help from others