

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Reawakening Your Compassionate Self

By Francoise Rapp

Reawakening Your Compassionate Self by Francoise Rapp

"To love is the greatest thing in life; and it is very important to talk about love, to feel it, to nourish it, to treasure it, otherwise it is soon dissipated...But the moment you have in your heart this extraordinary thing called love and feel the depth, the delight, the ecstasy of it, you will discover that for you the world is transformed."

~Krishnamurti

Life is filled with indefinite emotional challenges, and for many of us these challenges force us to protect ourselves and to "be strong" in order to survive. Yet this so-called strength often comes by way of ignoring the pain and suffering of others. This denial of our vulnerability and the refusal to acknowledge the suffering of those around us is the denial of our most innate, humane and spiritual emotion: compassion.

Dalai Lama once said, "genuine compassion is based on the rationale that all human beings have an innate desire to be happy and overcome suffering...[and] on the basis of this recognition of this equality and commonality, you develop a sense of affinity and closeness with others." Clearly it is our own ability to experience grief that ultimately allows us to understand the pain of others.

But while it is important that we acknowledge our personal emotional struggles and the struggles of others, we do not necessarily need to attract challenges in order to be truly compassionate. All of us have access to the compassionate light within each of our souls and from time to time it is necessary to reconnect with that lost light.

The following technique and aromatic blend has been designed to allow you to fully express, deeply appreciate and unconditionally love not only yourself, but others as well.

~Technique to Reawaken Your Compassionate Self~

In order to reawaken your compassionate self, it is important that you become aware of your feelings. Take an occasional moment out of your busy schedule to reflect on your emotions. Find a quiet,

Reawakening Your Compassionate Self

peaceful place where you can center yourself and take some time alone. Sit comfortably, breathe deeply and allow all emotions to come up to the surface. Acknowledge your feelings and honestly reflect on them. Love yourself, your whole personality, and forgive your mistakes—as mistakes are simply lessons. Think not from your head but also from your heart, feel and be fully present.

Blend to Reawaken Compassion

Prepare the following mixture in a 10ml bottle. Pour the essential oils in first, then fill with vegetable oil (sweet almond, jojoba, etc.).

* 4 drops Rose otto

* 12 drops Sandalwood

* 6 drops Cypress

Anoint the heart chakra and third eye. Pour a few drops into the palms of your hands and inhale deeply. Pour a few drops into your warm bath water and soak for at least 15 minutes.

.....

Order what you need to create this blend yourself:

==><http://www.aromalchemy.com/aromatherapy/ouoils.html>

–OR–

Order the aromatic blend ready-to-use and have it delivered to your doorstep:

==><http://www.aromalchemy.com/aromatherapy/featured.html>

.....

In Good Health,

Francoise Rapp

<http://www.aromalchemy.com>

(c) Francoise Rapp, 2002. Internationally renowned aromatherapist and alchemist, Francoise Rapp, shares her expertise in using essential oils to heal and revitalize body and mind at <http://www.aromalchemy.com>. Highlights include aromatherapy classes, pure & organic essential oils, recipes and aromatic treatments for health and wellness, and a free weekly newsletter. Discover the power of aromatherapy today at <http://www.aromalchemy.com>!

Internationally renowned aromatherapist and alchemist Françoise Rapp shares her expertise each week in her free ezine, the Arom'Alchemy Newsletter. To subscribe, visit www.aromalchemy.com/education.

Discerning The Loving Heart

By Margaret Paul, Ph.D.

Discerning The Loving Heart

by: **Margaret Paul, Ph.D.**

How often have you had the experience of connecting with someone - a friend or a potential partner - who turns out to be an uncaring person? At first you think this is a really good person, and then down the line you discover that the person is self-centered, narcissistic, angry and uncaring. You wonder how you could be so wrong, and what can you do differently next time?

I have discovered in my 35 years of counseling that people seem to decide very early in their lives whether or not they want to care about and have compassion for others' feelings. As a result, people have different levels of the willingness to feel others' feelings. Some of us deeply feel others' pain and joy, while other people don't. Some people can recall caring about others' pain and joy from a very young age, while other people remember being concerned mostly with their own feelings and needs.

The people who have chosen the deeper level of compassion are often the ones that become the caretakers, while the less compassionate people become the takers. Caretakers are people who have learned to take responsibility for others' feelings and well-being, while takers are people who expect others to take responsibility for their feelings and well-being and often blame others when they don't take on this responsibility.

If you are a compassionate person who easily feels others' feelings, you might find yourself drawn to people who are in pain. Your compassionate heart naturally wants to help those people who are in pain, not only out of caring, but also because their pain is painful to you. The problem is that this person might not care about your feelings as much as you care about his or hers.

So, how do you become discerning of who has a loving, caring and compassionate heart? The first step is to focus on developing as much compassion for your own feelings as you have for others. Often, very caring people leave themselves out, caring about others far more than they care about themselves. This leaves them vulnerable to becoming the caretaker for someone who just wants someone else to take care of them, and then gets angry when you don't do it "right." If you develop compassion for yourself, you will start to feel much more quickly when someone is not really caring about you. If you are just focused on another's feelings, you won't notice what you feel, and it is your own feelings that allow you to discern caring from a lack of caring.

The next step is to understand and accept that, no matter how caring you are to others, you have no control over how caring others are with you. You can't make someone be caring, and the more you take care of another's feelings and well-being while ignoring your own, the less caring the other will be. The other person becomes a mirror for your lack of caring about yourself.

The more you learn to take full, 100% responsibility for your own feelings, the more another's lack of caring will be intolerable to you. The more you are able to stay tuned into yourself and trust your own perceptions, the quicker you will discern a lack of caring in others. The more you accept your lack of control over getting others to be caring, the quicker you will let go of people who are intent on getting caring but not much concerned with giving it.

Reawakening Your Compassionate Self

It really doesn't take long to discern the loving heart once you have compassion for yourself, trust your perceptions, and accept your lack of control over others. People betray their intention to either give love or to get it, or to give to get, with everything they say and do. With practice, you can learn to discern the loving heart very early in a relationship. If you want to stop recreating the same relationships over and over, then develop your power of discernment.

Margaret Paul, Ph.D. is the best-selling author and co-author of eight books, including "Do I Have To Give Up Me To Be Loved By You?" She is the co-creator of the powerful Inner Bonding healing process. Learn Inner Bonding now! Visit her web site for a FREE Inner Bonding course:

or

. Phone sessions available.



This Free E-Book has been brought to you by Natural-Aging.com.

**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Reawakening Your Compassionate Self

