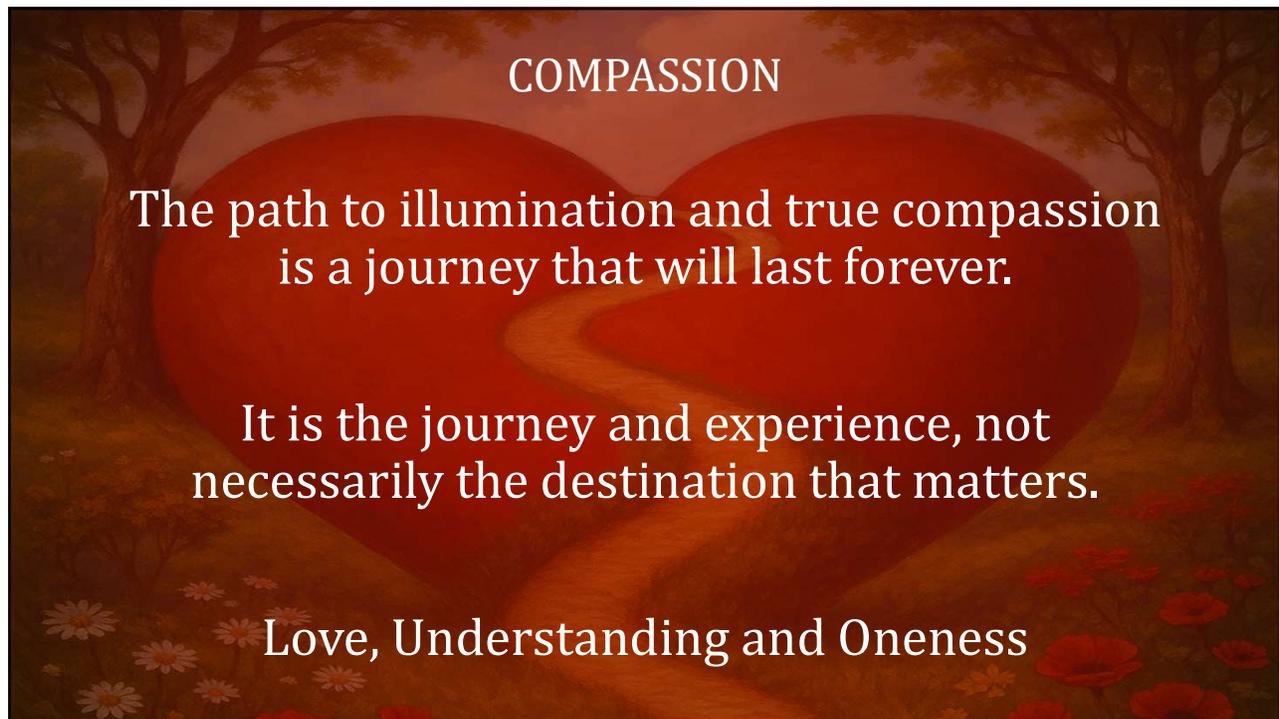




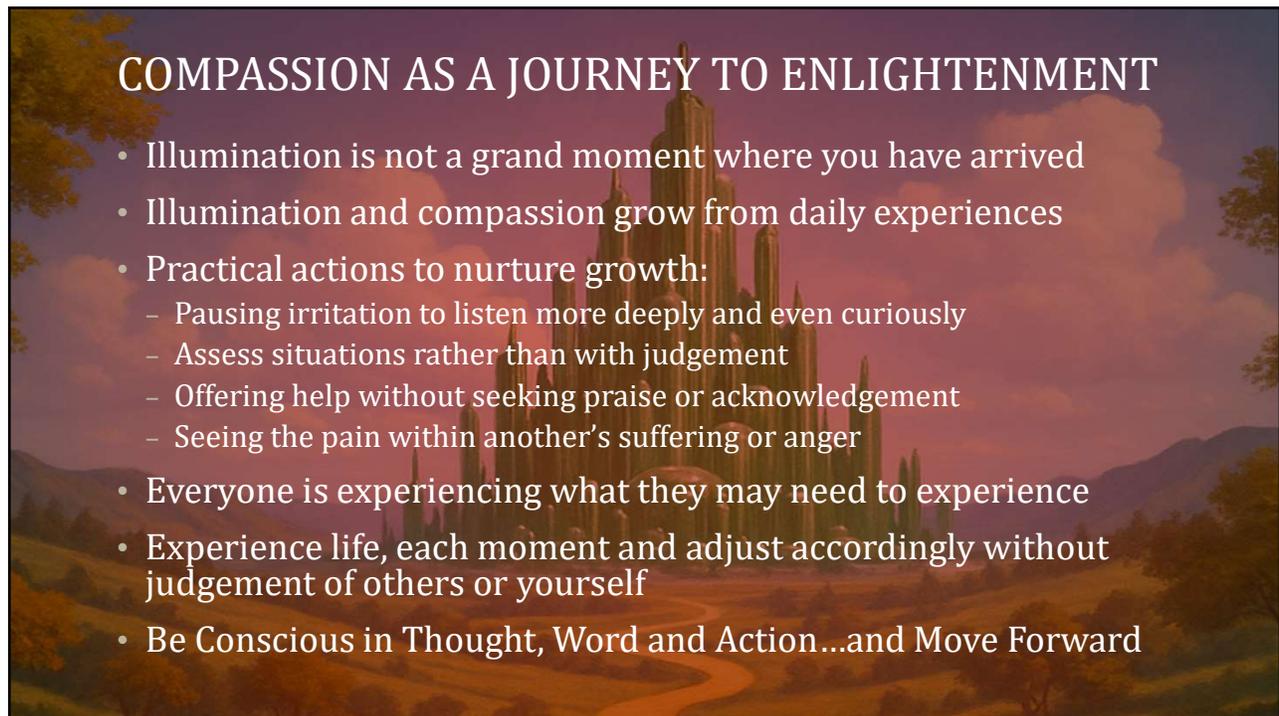
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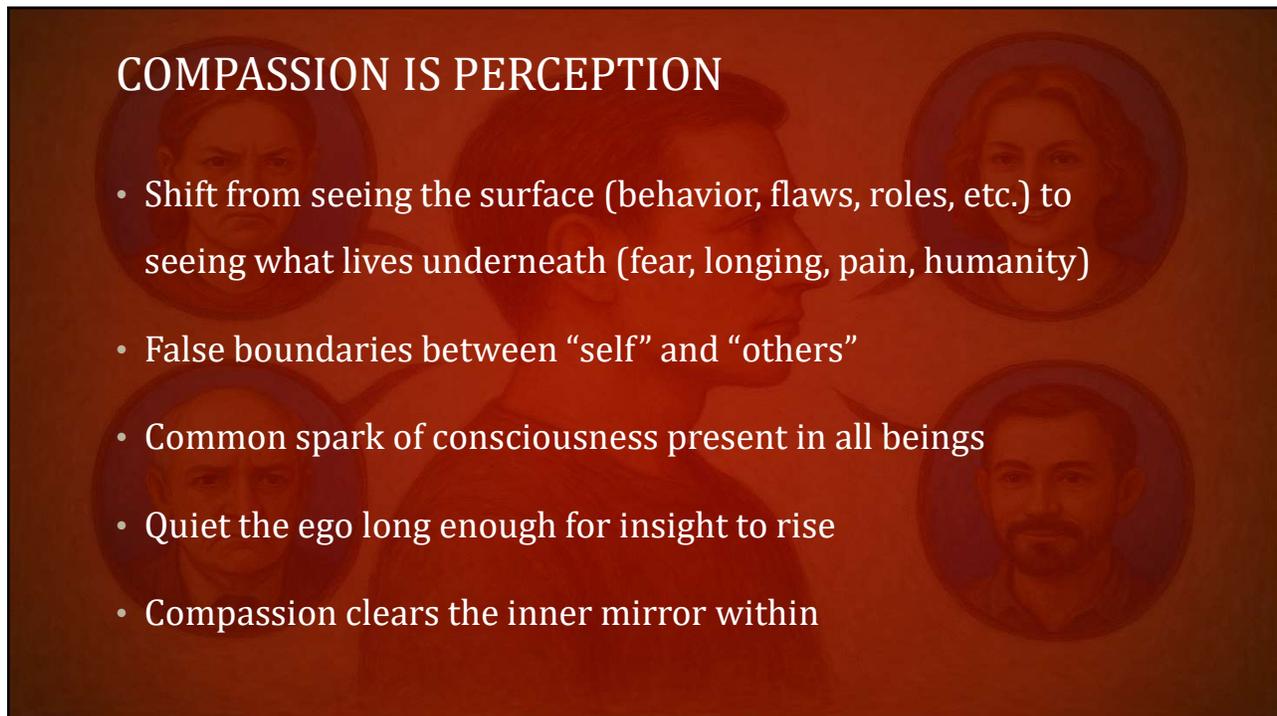
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PRINCIPLES AND PRACTICES

- All is One – We are all connected
- As Above, So Below – As Within is As Without
- Universal or Divine Cosmic Higher Love
- Kindness
- Understanding
- Peace Profound
- Reflection, Meditation, Adjustment and Service

5



COMPASSION IS PERCEPTION

- Shift from seeing the surface (behavior, flaws, roles, etc.) to seeing what lives underneath (fear, longing, pain, humanity)
- False boundaries between “self” and “others”
- Common spark of consciousness present in all beings
- Quiet the ego long enough for insight to rise
- Compassion clears the inner mirror within

6

FOCUS ON THE JOURNEY

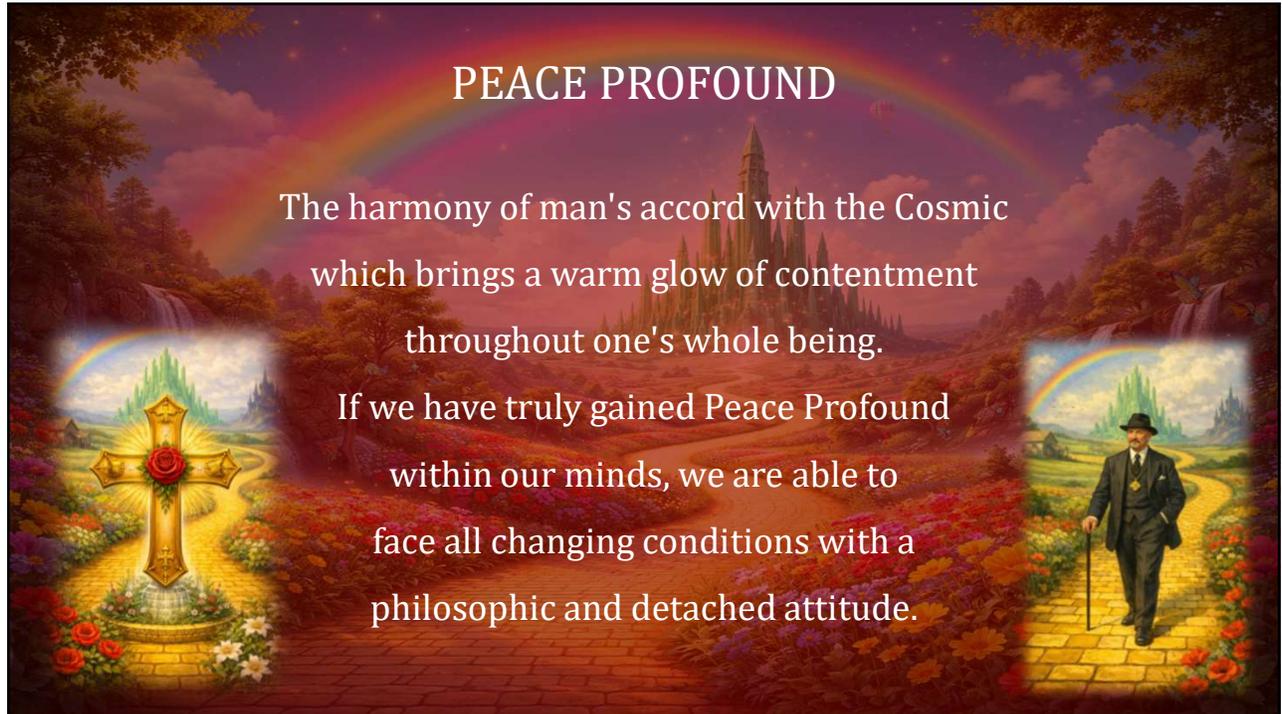
- What do you need to learn or experience?
- Embrace the experience and journey, even the unexpected
- Be present, assess and adjust
- Take one moment and day at a time
- Release anger, jealousy/envy, bitterness, hatred and fear
- You can only control so much
- Manage and mitigate (because you cannot eliminate)
- Enjoy every moment (easier said than done)
- Focus on non-temporal Happiness and Peace Profound

7

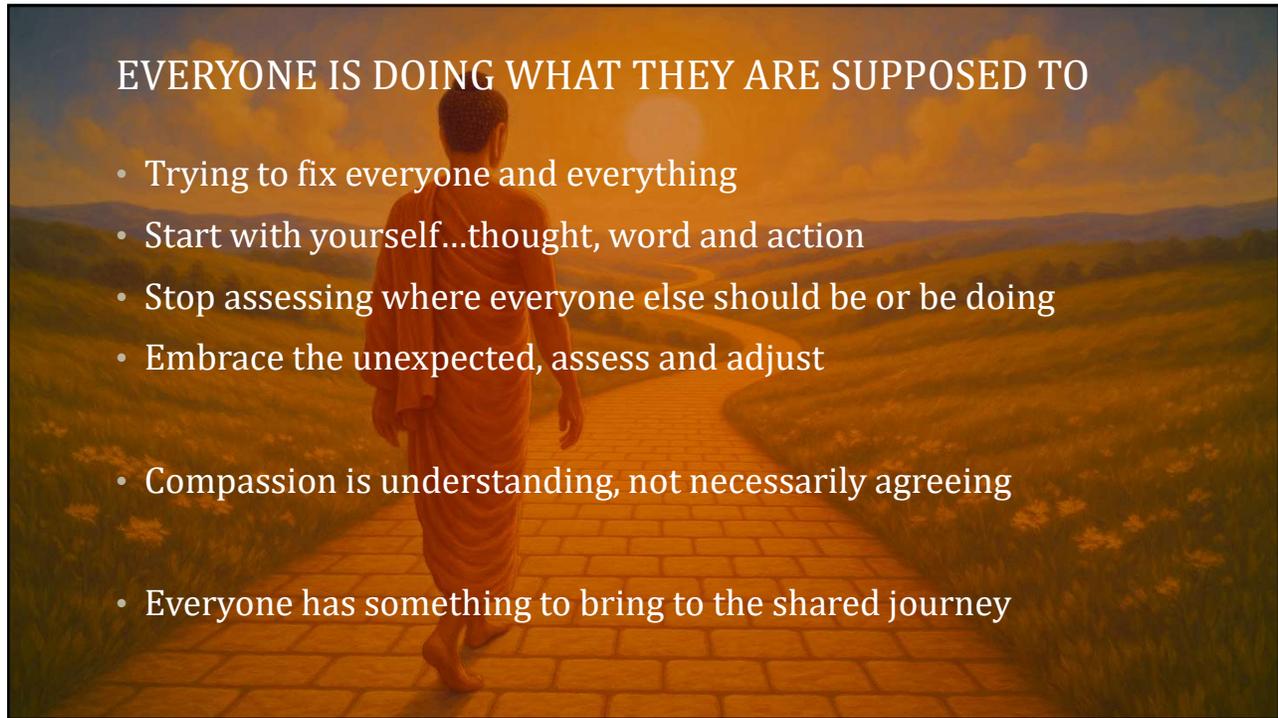
PEACE PROFOUND

The harmony of man's accord with the Cosmic
which brings a warm glow of contentment
throughout one's whole being.

If we have truly gained Peace Profound
within our minds, we are able to
face all changing conditions with a
philosophic and detached attitude.



8



EVERYONE IS DOING WHAT THEY ARE SUPPOSED TO

- Trying to fix everyone and everything
- Start with yourself...thought, word and action
- Stop assessing where everyone else should be or be doing
- Embrace the unexpected, assess and adjust
- Compassion is understanding, not necessarily agreeing
- Everyone has something to bring to the shared journey

9



JUDGEMENT IS OUR ACCUSER DEVIL

- Accuser, adversary, or opposer
- Judgement of Self is your worst enemy
- Judgement of Others is your barrier to true compassion
- Be present, assess and adjust...you create your own reality
- Forgive yourself and Forgive others

10

MYSTICAL TRADITIONS AND COMPASSION

- Buddhism, compassion is the force that keeps the enlightened being connected to the world of form to help others awaken
- Christianity, compassion becomes agape, a divine love that shares in the suffering and experience of creation to redeem humanity
- Sufism, compassion is the warmth of the heart polished by remembrance, allowing one to reflect the divine qualities
- Taoism, compassion is one of the “Three Treasures,” the quality that aligns human life with the effortless harmony of the Tao
- Compassion is both the path *and* the result of illumination

11

STOICISM AND COMPASSION

Shift your consciousness to a practice of non-judgement, understanding and sustainable compassion

Universe operates according to reason and that individuals should concentrate on what is within their control by their own thoughts, actions, and character, while accepting what is not

Some key principles and practices:

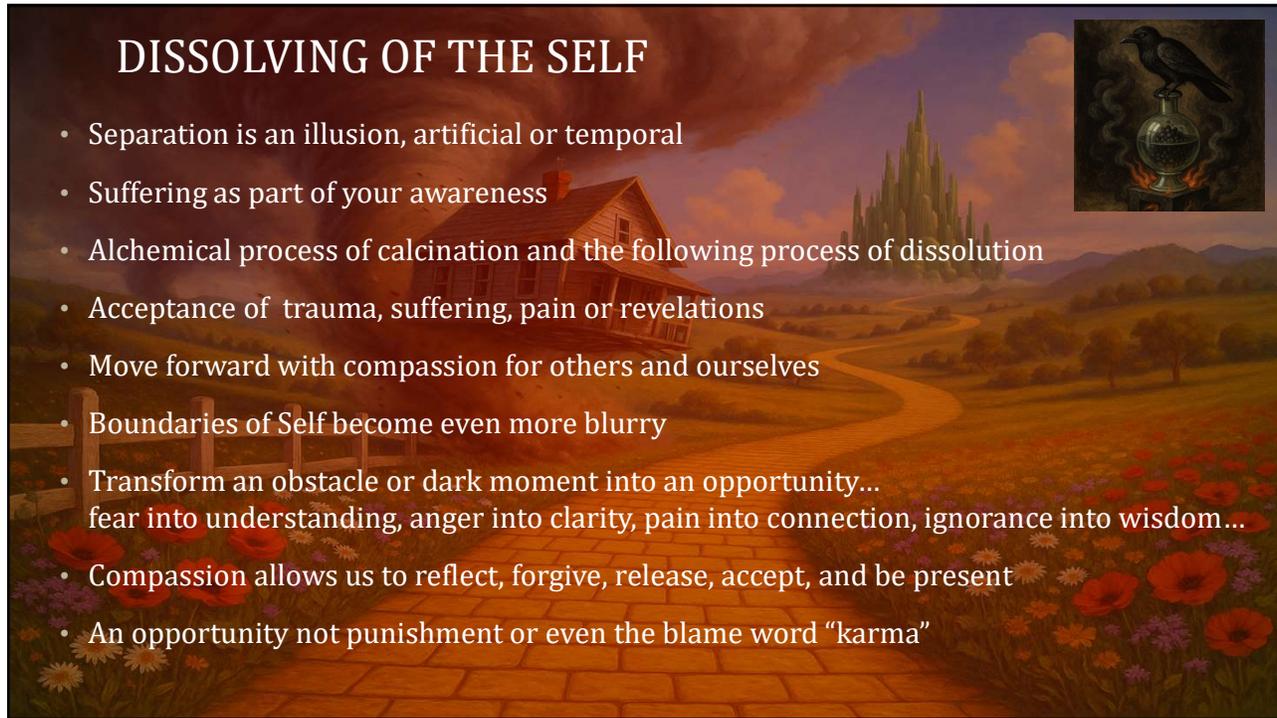
- Cultivate wisdom, justice, courage, and moderation/temperance
- Live in accordance with nature
- Focus on the present
- Love of fate and embrace what happens
- Develop a rational and resilient mindset
- Control your reactions
- Objective understanding
- Obstacles are opportunities

Compassion is in alignment with other Stoic ideals of interconnectedness, social duty, empathy, self-transformation.

12

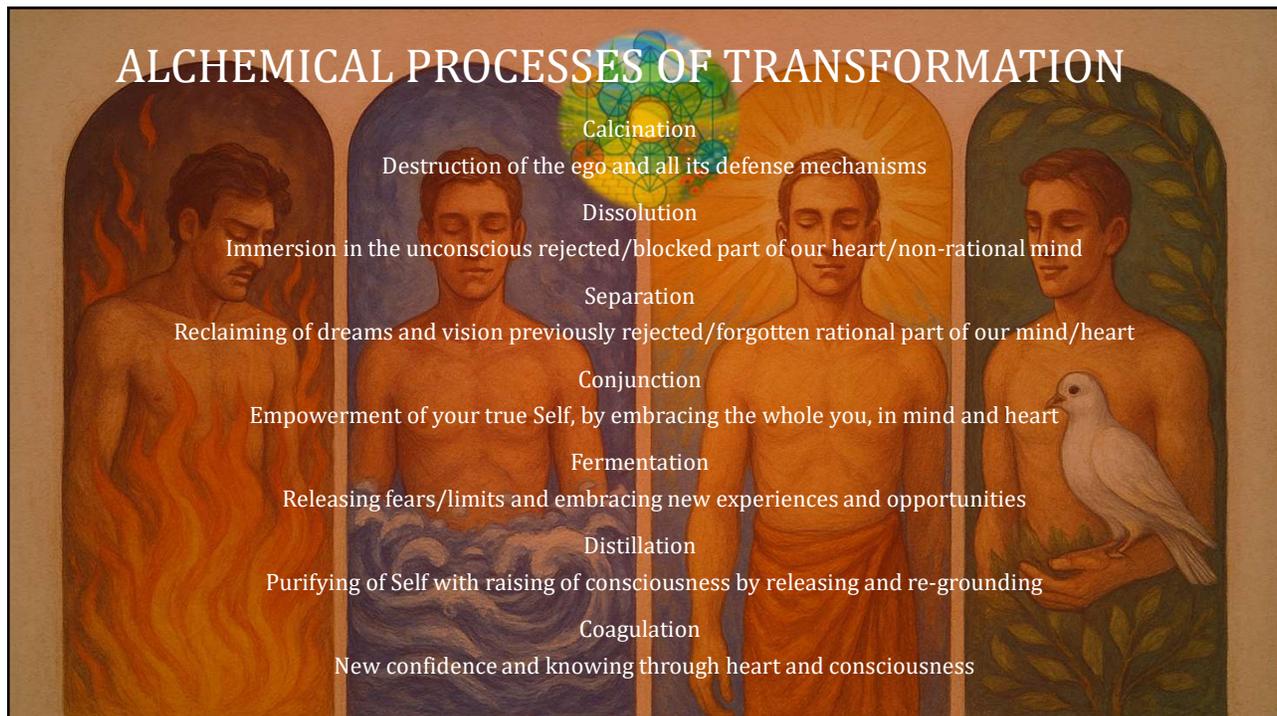
DISSOLVING OF THE SELF

- Separation is an illusion, artificial or temporal
- Suffering as part of your awareness
- Alchemical process of calcination and the following process of dissolution
- Acceptance of trauma, suffering, pain or revelations
- Move forward with compassion for others and ourselves
- Boundaries of Self become even more blurry
- Transform an obstacle or dark moment into an opportunity...
fear into understanding, anger into clarity, pain into connection, ignorance into wisdom...
- Compassion allows us to reflect, forgive, release, accept, and be present
- An opportunity not punishment or even the blame word "karma"



13

ALCHEMICAL PROCESSES OF TRANSFORMATION



Calcination
Destruction of the ego and all its defense mechanisms

Dissolution
Immersion in the unconscious rejected/blocked part of our heart/non-rational mind

Separation
Reclaiming of dreams and vision previously rejected/forgotten rational part of our mind/heart

Conjunction
Empowerment of your true Self, by embracing the whole you, in mind and heart

Fermentation
Releasing fears/limits and embracing new experiences and opportunities

Distillation
Purifying of Self with raising of consciousness by releasing and re-grounding

Coagulation
New confidence and knowing through heart and consciousness

14

TAROT - MAJOR ARCANA

LE TABLEAU

Calcination Dissolution Separation Conjunction Fermentation Distillation Coagulation

15

EMBRACE THE EXPERIENCE OF ONENESS

Understanding, Acceptance, Love

Practice good, kind, caring and nurturing behavior in life that align with natural law and without judgement.

You will naturally be on the path to enlightenment and compassion as an integral healthy being of the All Oneness.

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