

## Compassion Seeks Your Heart

### *I am White Eagle.*

Dear Ones, the pain you are feeling is not so much physical but emotional, seeping down into the very depths of your heart. You ask “Why? – why all this pain?” Compassion seeks your heart.

Healing can only happen when your heart and compassion meet. The outflowing of love and care begin the healing process, transcendent in its glory.

How do you expect this transformation to take place? Do you expect just some miracle from without? Is it not the miracle *within* that you must seek?

Where does it start? Where does it end? You do not know and yet deep within you is the answer to all your queries, to all your doubts, to all your thoughts, to all your weariness, your anguish, your fears. It is in the compassionate heart – the heart that leaps out to others that connects with the broad band of humanity and wraps a Ribbon of Love about the girth of the Earth.

How are you to know what one strand of your compassionate heart contributes to this band of humanity?

One strand joins to another strand – heart to heart, compassionate thought to compassionate thought – until the Earth swells with gratitude and love for all humanity.

Do you think you are healing only yourself? The Earth relies upon this band of human compassion. And so it leaps out to the Solar System and beyond – in universal compassion. Love around the Globe! Single-minded caring for yourself and for all within your reach.

You do not know how powerful you are! How extremely effective compassionate thought can be! How fully geared to perfection, how truthfully whole in expression, how profoundly moving in all directions. Heed the sound of the voice within you. Recognize its origin. Seek to maintain that connection.

Orient yourself to the compassion within you. Recognize its transformational qualities. Speak, and let it out! Act upon this sensibility and question no more – but seek always to be in harmony with this Gesture of Love. Seek always to be in-sync with All that Is and ever shall be.

Calm the atoms within you. Tame them to your taste of love and compassion. Move them along the trail of everlasting peace and contentment. Seek to understand that which passes for perfection can only be seen from within. Go deep. Go deep within. Touch that heart of yours until it rings with the sound of truth, with the joy of compassion, with the phenomenon of Love and circle the Globe with this compassion. Make it sing out with Joy in recognition that we are All One!

Never stray from that thought. Keep forever in your heart that band of humanity, the understanding that all is well deep within you. Onward into the depths of your Being. Onward into the Depths of Humanity. Onward into the depths of the Earth for there you shall find solace for your pain. Heal the pain within you and you will heal all the world.

Speak softly. Carry this in your heart of hearts. Speak rapture – to every One – for we are All One!

The universe is your globe – Speak to it. Offer it peace. And let wisdom and understanding circulate in every vein, in every heart, in every mind. Let Wisdom take control and nurture the Love within you – that is within all souls – that speaks for all souls – that relates to every one, no matter who or where they are.

Speak solitude and wisdom. Speak well-being and peace. And above all, Compassion and Love. These are your world – the true world in which you dwell.

Fasten your hopes on the compassion within you – and let it out! And ring forth to all the world now and forever. Here is my heart! It is deep within you. Bless it and bring forth Love and Joy – for we are All One and in that Oneness we shall always remain.

Speak well of this! Let it out then! Be Free of Pain!

Bless you, dear one, bless you, bless you.

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