

# Pace explains compassion.

*{theme song} Pace explains, Pace explains! Out of her mouth, and into your brains!*

Hi, I'm Pace, and today I'm going to explain compassion.

So, when you see someone suffering, what's your initial response?

Do you want to engage with them and share their suffering and see what's going on for them?

Or do you want to just kind of back up and say, "mmm, not really my problem," and wall off.

Well, if your instinct is to wall off, then you are in good company, because that's a lot of peoples' first reaction.

And the reason why is because most of our hearts are like buckets. We carry around these buckets, and we fill them with everything that we happen across, emotionally.

So if you see someone suffering and you engage with them, then you're filling your heart-bucket up with suffering.

No wonder you want to back away from that!

You don't want your bucket full of suffering! You're going to have to lug that all around and it's going to stink up the place. {laughs}

And it's just going to get really heavy to carry.

So what a lot of people do, is they put a lid on their bucket. They wall off their heart, so that they can't feel that suffering.

They're not carrying it around with them anymore because they're just refusing to let it in.

But the problem with that is, it doesn't let any of the good stuff in either. And it doesn't let anything out.

You can't listen to your heart if you've closed your heart off.

So this is where compassion comes in.

Now, I'm not talking about half-hearted compassion.

If you see someone who fell down and skinned their knee, and they're a stranger, you don't know them, you might say, "well I guess I gotta go help them." And then you go over and, you know, you fill your bucket up with pain.

That's not the kind of compassion I'm talking about. I'm talking about wholehearted compassion.

If you go up to someone who's suffering - physically, emotionally, or spiritually - and you fully open up to them, then your heart becomes a tube, not a bucket.

And their suffering passes through you, but it doesn't collect, it doesn't stagnate.

It passes through you, and it's purified in doing so.

It's like a magical kind of tube with a water filter attached to it. Through this spiritual alchemy, the suffering of others is transformed and purified by your compassion.

So the next time you find yourself faced with the suffering of someone you care about, or a stranger, or anyone, notice how your heart feels.

Does your heart feel like a bucket? Maybe a bucket with a lid on it?

What would it feel like instead if you leaned in to that suffering and embraced it, and let it flow through you without trying to cling to it?

Just let it pass through you, and let it be purified.

That is compassion.

This has been "Pace explains compassion". What would you like me to explain next time?