


Grace of Light

COMPASSIONATE HEART



House of light

HEALING HUB

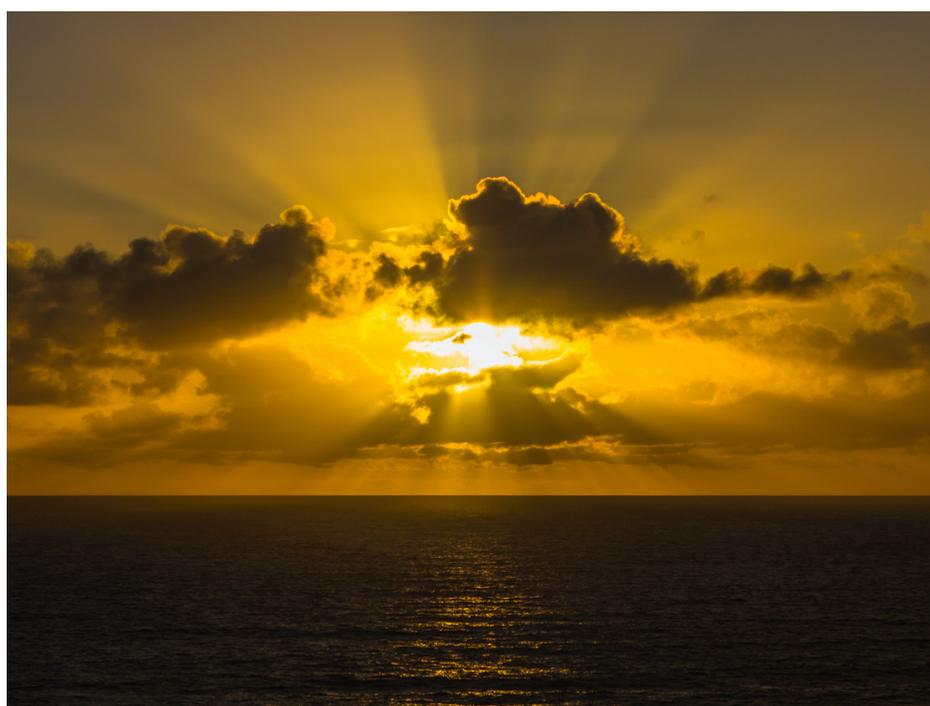
Invoking a Compassionate Heart

Guiding compassion is an ever evolving journey with thyself. When ours, or others actions, events, choices, situations impact our inner wellbeing & sense of life's sanctuary of comfort, there is a realisation we may not be able to change what has unfolded, however what we can change, is our response. In offering compassion to oneself, to others, to the external events, we release the turmoil of lower vibrational thoughts and feelings that may drag us down a tunnel of incongruence ~ such as fear, anger, resentment, betrayal, comparison, competition

A heart-led consciousness calls us to consider what compassion and kindness we can not only offer ourselves when these moments rise, but rather a deeper leap of healing consciousness to offer compassion and kindness thru thoughts, energy and intention, to the trigger points of consideration that occur in our daily life and our world.

Recognising that as you discover the practice or ceremony that offers you the compassion of comfort, leading from a place of love and acceptance for one and all, you open up the integral pathway that invokes a real peace for you, in how you navigate the roadblocks and detours that rise in your footsteps. This in turn enables us to view what may in the past have been massive whirlpool points that pulled us from our natural alignment, to now unveiling a lighter pathway of contemplation ~ that life is happening for us, rather than to us. This essence of framework to live from, allows us the grace to see life's learnings as an opportunity to grow, rather than to retract from.

For when your intention comes from a divine place of love, offering compassion within, and in return for what may be rising for others, we have the opportunity to send a golden ray of energy into the Universe, to invoke a loving pathway of consideration and learning for all.



Compassion for one is different for another. This is a discovery of how compassion looks, senses and feels like for you.....

Sat Kartar Mantra

Sat Kartar is the Mantra that calls upon energy from the Great Divine One.

~ "Sat" and the vibration of its sound signifies the essence of truth or being. A sound that reverberates from beneath the heart, your higher heart Soul led consciousness.

~ "Kartar" offers the essence of being a doer, manifestor, and the walker of truth.

By inviting a practice of this mantra into our ceremony of wellbeing, we are effectively opening up, purifying, expanding and leading thru the spiritual flow from our heart and ultimately living from a higher state of Divine flow which opens up pathways of compassion, faith and trust to wrap thru every thing we do and thru every roadblock or detour that crosses our path. Fully here, present, in experiencing life and its offering of learnings and growth

Below is a link to see the body movements that invoke Sat Katar into your energetic framework. . Trust whether you wish to chant the mantra out loud, in your minds eye, or listen to music as you guide this intention into your practice.

If you are seeking great change & shift in your heart space ~ to reveal, release, heal and enhance your capacity to invoke compassion into your daily platform, consider stepping into a 30 day daily practice of the Sat Kartar mantra for ten minutes or whatever alignment of time that feels right for you. Be open to the shifts that will truly enrich your life lens.

[Sat Katar You Tube Link](#)

Journal Prompts

Also connect with the "Journey into Your Heart Space" meditation online, and dive into the follow journal prompts.....

- ~ What would peace do in this situation?
- ~ What light of love can I guide at this moment & thru what action?
- ~ When there is no "right" or "wrong" what does that gift me?
- ~ How will I nurture my compassionate heart in times of trouble?
- ~ How will I nurture compassion for others thru my words, my actions & intentions?

