

Compassion: Love For Self, Others, and Making Space for the 4-Train

We don't need to change. We don't need to improve anything. We practice deep compassion as we extend this same privilege to other people and things around us and allow them to simply be, especially those things that would easily turn our hearts bitter.

As we practice yoga and meditation, we cultivate and practice being. We also reduce the suffering known as [Dukkah](#), which would hold us back from experiencing our highest self.

One act of holding space is allowing yourself to be with a person or thing and allow them to be just as they or it is. I'm thinking of a friend who is sick or experiencing something mentally or spiritually challenging. Simply being with that person and holding space for them, without the need to fix or change anything, just being, allows a deep compassion to exist between the two of you.



Another act of holding space is the decisive act of making

room in your heart for that which would sooner canker your heart with feelings and make your mind fester with “shoulds” and “what-ifs.” When you hold space for someone or something, you don’t have to fall in love with this person or thing but you are simply offering compassion toward them or it by not becoming sour toward it. And by so doing, you ultimately offer your own heart and mind in the same compassion—the heart that flourishes when it feels abundance and love, not bitterness, and the mind that abounds when it is sheltered from “should” and “what-ifs.”

Here are an example of holding space:



The World: The NYC 4 Train once stopped en route causing me to miss my flight home.

Me: bought a NYC 4 Train T-Shirt—holding space for the 4 Train.

World: Just as it is.

Me: Accepting the world as it is.

Holding space is often the first part of forgiveness toward yourself and others.

This week, practice holding space for things that you either don't understand or which bother you.



Photo by Alex Adams

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