

A LOVING SOUL EASILY EMPATHIZES

Being conscious of others around me helps to keep me connected. When I consciously nourish a loving soul, it is easy to feel the plight of others. Healing their hardships becomes part of my mission in this world.

I develop a loving soul by being present in each moment. I carefully choose my response to situations, and I always choose to respond with love.

I keep my heart and soul open to others and prepare myself to assist when the opportunity arises. I equip myself with the tools to respond helpfully.

The challenges faced by others feel personal to me because I connect with their feelings. Putting myself on their level brings understanding.

I am ready to contribute my time to assist after a crisis. I am also committed to donating to causes and charities. It gives me hope to know that my assistance is benefiting someone.

Instead of being angry when a loved one makes a decision that negatively impacts me, I spend time understanding their reasoning. That approach makes the situation more manageable.

Today, I know that love conquers all. Living in love gives me the chance to enrich my life and contribute to the well-being of others. Empathizing keeps me connected to the tenderness of the human soul. It keeps my emotions alive.

REFLECTION QUESTIONS

1

How can I practice empathy in my daily interactions with others?

2

What are some situations where I felt deeply connected to someone's emotions?

3

How can I equip myself with tools to respond helpfully to others in need?