

This excerpt is taken from a channeling called "Surrender and Control: Finding and Following Our Passion in Life" which can be found at www.Jeshua.net. The article describes "false idols" or things that we often do to help us feel better, but which in fact take us off-center and we feel worse later. This excerpt centers on sympathy, empathy, and the best way to help others.

3. The third idol: pitying others and going along with their suffering

There is one other false god/idol which I would like to mention and which perhaps preoccupies you the most in everyday life. It is pitying your fellows, sharing the burden with your dear ones by suffering along with them. Now, you may ask: how can that be an idol? Am I not supposed to connect with others, especially my loved ones, and help them if I can?

What I am talking about is a tendency of yours to connect so deeply with people around you, that you are drawn into their pain, their problems and negative emotions and lose touch with your own core and inner peace. This kind of pity and co-suffering is not your duty, it is not helpful to the other person, and it is not right from a spiritual standpoint.

Much of what you call "high sensitivity" is being so open to other people's energy that it wipes away your own. Your empathy (i.e. the ability to feel other people's moods and emotions) is in that case insufficiently balanced by the insight that the negative energies in that person belong to them and not to you. You are not realizing clearly enough that this negativity plays a viable role in the other person's life and that you may enlighten them through your compassion and understanding, but that it does not serve anyone's purpose if you suffer along with them.

Of course you would love to see your dear ones lead happy and fulfilling lives (whether it be spouse, child, parent or friend). You wish they would feel better and that their problems would be solved. Always remember though that the problems they have are their own creations. Relationship problems, money issues, health problems, psychological disorders....they all mirror deep-seated inner conflicts within the soul.

Somewhere deep down people *want* to experience these problems, in order to get clear about something. It may seem that they are victims, especially when they are running around in circles over and over again. But often that means they still want to experience some aspect of that problem more thoroughly and that they are not open yet to your help. If you try to help them anyway, you will easily become pushy and controlling and you will exhaust your own energy sources.

By giving too much or inappropriately, you waste energy and you chain yourself emotionally to the one you are helping. This makes you dependent on the other person for your sense of well-being. Your emotional energies get mixed up and this is one of the major causes for loss of strength, vitality and self-awareness. Few things can break down your energy so easily as a persistent sense of duty, guilt and responsibility for someone else.

In such a "helping relationship" power issues often arise, even if no one intended this. By giving too much or inappropriately, the helper in fact tries to cover up an inner emptiness that goes unnoticed if one is preoccupied with someone else. Helping someone else may make you feel stronger and more self-assured. The one who gets all this attention from you, experiences this as nice and comfortable, and they soon notice they can influence

you with their moods and emotions. They know that if things get worse for them, they get more attention from you (because you want them to get well so badly). The "sufferer" therefore senses that they have power over you and that it pays off to remain in the victim role.

In such a relationship, a strong energy exchange is taking place, and it will drain the both of you, because it is not in alignment with what your souls really want. There is no spiritual truth in the way you are reducing each other to very limiting roles. The helper will eventually get frustrated because the sufferer will not progress enough: it is not in their interest to change, for they have invested in the victim role. And the sufferer gets even more stuck in their victim role; they dig themselves deeper into it, which may completely paralyse them. Both will get angry and blame one another.

You easily sympathize with and feel sorry for the people around you. Especially lightworker souls, who have a deep impulse to spread light and awareness on earth, are very sensitive to the suffering of others. It is hard for you to see suffering on a global scale, for instance in regions in the world devastated by poverty or war, or the destruction and pollution of the environment. But when it comes to suffering that is close to you, in your personal environment, you are affected most profoundly. And it is especially here that you are challenged to take back your power.

It is important to realize that you are not helping someone by making yourself smaller. You often think that if you absorb and swallow part of the other person's emotions, you connect deeper to them and therefore help them. It is like you are sharing the burden. **But by taking in the other one's troubles, you only double the burden.** The shadow deepens. By going along with the other person's suffering, your power gets fragmented and shattered by the negativity in them. You will think you are not entitled to be happy, peaceful and satisfied yourself, while they are suffering. This is a grave mistake. In actuality, the opposite is true.

To be truly helpful to someone means that you put your energy at the service of the solution of the problem, not of the problem itself. To do so you need to make yourself bigger rather than smaller. The more self-consciousness and independence you radiate, the more you represent the "energy of the solution" and the more you can mean for someone else without exhausting yourself. **If you are going to suffer with them, you are really only affirming the problem (making it worse).** If you stay centered and calm, not resonating with the heavy emotions of the other, you open up another angle, another way of looking at the problem. **Precisely by not resonating with the energy of the problem, you shed new light on it.**

True spiritual guidance never involves solving someone else's problem. Rather, it means to be a beacon of light and awareness to them, which mirrors their problems back to them in a way that enables them to take another look at it. It enables them to see meaning and value in the problem; it returns to them a sense of free will and responsibility. Something inside of you touches their heart and inspires them: **it is the energy of love. It is the energy of acceptance.** In this way, you offer the "energy of the solution" to them, not by doing anything for them, but by being it. **That is lightwork: being your natural self, having peace with yourself and radiating that peace to others. It is not about carrying other people's burdens or finding solutions to their problems. It is about carrying the energy of the solution in your own being and openly sharing it with others.** That is the core of your mission on earth, the core of what it means to bring light.

Being true to yourself, taking good care of yourself and listening to what your intuition

tells you is a prerequisite to anchor the frequency of love to earth. This is what your soul wants for you. Anytime you let others run away with your energy, or give too much of yourself out of fear or a need to control, a part of your light gets shattered and you will need to recuperate and emotionally heal yourself to regain your natural balance and vitality. Notice how this happens in your everyday life. If you are worrying about other people, about how they perceive you or how you should help them, and your thoughts are going in circles, and the same emotions repeat themselves, you are stuck in the rut of fear and control. Often, you tend to give away your energy because you think you are making things better, helping people out or solving a problem. But pay attention: does your contribution really serve the solution of the problem or does it affirm and thereby perpetuate the problem. Ask yourself whether you aren't really serving an idol, instead of your own inner light.

Trying to control things often seems right and sensible, but often it is just fear that forces you to. You frequently feel tired and exhausted from all your exertions in different areas of your life, but often you stick to it and feel that you are obliged to put even more energy into it. You think you owe it to someone, to some organisation, to society or even to God. But anytime you feel emotionally exhausted, pushing it too far, it is really time to let go and find some quiet space for yourself. It is time to let go of the world and turn within. Cutting the cords for a while and reconnecting to your inner child is of great importance to remain centered and balanced. By connecting to the child, you also awaken the angelic you, the keeper of the child. You connect to your "lower self" and "higher self" and by feeling them inside, and listening to them carefully, you start to sense how they can play together joyfully in your present. It becomes clear what things you need to do or pursue to become centered and peaceful again.