

THE WORLD PLATFORM



CHALLENGE

7-Day Challenge to Raise Your Frequency – The Challenge

Day 4 (theme: Compassion)

Frequency: Heart Expansion

Compassion is felt when we stop maintaining separation.

Practice

1. When you get up in the morning:
Think of someone 'difficult' and say silently:
Just like me, this person is doing the best they can right now.
2. During the day:
Perform one anonymous kindness (help, pay, clean, support — without credit).
3. Evening reflection:
How did it **feel** to act without being seen or acknowledged?

Activation Sentence

Every being is another expression of life.



©2026 The World Platform

TWP
The World Platform

This material is based on publicly available research and presented in an original framework developed by **The World Platform**.