

# USING THE HEART

To Resolve Patterns of Resistance  
And Inhibiting Beliefs



Channeling Hosted by John Henry  
*Received through Flo Aeveia Magdalena*  
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*This evening let's put our right hand on our heart and our left hand on our right hand, and just breathe in through our heart and request that John Henry come and be with each of us. His message this evening is about using the heart to resolve patterns of resistance and inhibiting beliefs. We will all open to receive this message and to stay connected to our heart through our hands, and our attention, and intention.*

It is my honor and privilege to be with you this evening and to talk about my favorite subject, which I have told you all before I have traveled all over the universe finding out about, so it will be fun for us to explore this together. I would like to invite each of you to keep a light heart as we go forward so that in your awareness the heart and the lightness of your awareness and the lightness of your heart are congruent. In other words, the consciousness that you carry that brings you into spirit and around and through spirit is the same calibration as your heart energy.

Many of you have had heavy hearts recently. We are talking in the year of 2012. There is much transition going on, on all kinds of levels, and your hearts have been heavy. They are heavy when they think about the countries of the world where there is atrocity. They are heavy when they think about losses that you have had personally, interpersonally, or perhaps a loss of functioning as you age or as you think about yourself as being older.

So these losses take the calibration of the heart and place the vibration of your... The Nameless Ones talked last time that you have scribed in your heart a message, many messages actually, about your intention for this lifetime, who you are, and why you have come. Your message is about how to most prominently live the parts of you that want to express, create, and give your gift to society.

When you are heavy in the heart the messages are in some way, let us just say, interfered with. It is as if you are looking at a wall, but there is a fog in front of the wall, or there is a hand in front of the wall, or there is a mist, or there is just a fine veil. You think almost that you can see it, but you are not quite sure. Being heavy of heart actually ladens down the heart systems, which is of course the first to develop in the physical human body, as well as the last to leave this physical human body. It is also that which keeps the whole human body moving and growing, shifting, expanding, and clarifying. It clarifies with every single breath you take.

We want to think about the heart as an organism, an organ in and organism of your pure consciousness. We also want to think about when we have a heavy heart that it lays a particular constriction on the heart itself and therefore, on the system. That is why you feel sad when you have a heavy heart, or you have a heavy heart when you are sad. What is important about it is that if you think about the calibration you can actually lift the veil. You can actually take away whatever it is that is in the way of reading your heart or feeling the joy in your heart, or extending the joy from your heart. You can do this by responding to the sadness actively, by responding to any heaviness that you might feel at any point in time in your heart about anything by actively looking at, addressing, working with, or condensing the heart energy to one point of light and shining it anywhere in the universe, because as soon as you shine a light from your heart you receive light back.

There are ways we can discuss this evening that will make it easier for you to live through these times of transition and change and define a constancy in your heart. This is so that you can resolve any patterns of resistance that you have or any beliefs that you have that stop or inhibit you from actualizing your heart's potential.

Now, as The Nameless Ones said, the potential you come into this lifetime with is scribed in your heart. Every time you feel joy, or bliss, or are actively connecting to something, or more alive, or you have just seen a beautiful sunset, a sunrise, the smile of a child, or connected with something that you really and truly find acceptable, loving, beautiful, or whatever, the heart actually opens its chambers differently. They are finding this out when they do their various studies from science, medicine, and so forth. They are finding that there can be absolutely nothing wrong with the heart, but someone can have a heart attack based on the fact that the heart constricts from anger, or some kind of violent thought, or action.

What we want to recognize is that we can actually extend the life of our heart, extend its function, open it out, and rest in it by opening to points of light, by removing the veils, by understanding that what is scribed in the heart is actually giving us messages so that we feel much more connected to the voice of our heart. As we think about all of these different elements what becomes very important is that the number one thing that I am talking about is your attention, your attention being placed on your heart.

So as soon as you feel anything that is heavy, or separating, judgmental, resentful, angry, or whatever emotion you can think about, and also positive ones like joy and bliss, and compassion, and kindness, and collaboration, and cooperation, and all those lovely things, you can say, *Okay heart, where is that coming from? What part of me is that connected to? Where is that part of my heart held? Where is the resistance to being open to this person? Where is the frustration that I am having that is causing me to resist letting go, or having fun, or being more joyful, or more kind, or present, or whatever it is? Where is the joy in the heart? Where does the pinpoint of light come from when the heart is happy and then all kinds of thoughts and emotions flood me and/or otherwise, when the emotions and mind flood the heart—both ways happen. What are the messages then? Where do those messages come from because they have a place of origin in the heart?*

We want to talk about how to find the place of origin in the heart for the particular emotions that you feel and the ideas that are in that space. Then we want to open the veils so that we have access to seeing what is really there, even though we might be feeling uncomfortable about something, so that we can move the discomfort away. We can then find the message, or the pinpoint of light, or joy, or whatever we have in there to then begin to expand and cognitively understand more easily what it is that the heart is trying to tell us. The message can tell us what it is actually able to gift us, or what it is actually able to erase, because if you have something scribed, you can also rewrite it. You can also change the context, or the message, or the verbiage, or you can add a positive beside someone's name, or see them as being in combination with you literally in your Heartwomb. The Heartwomb is a most amazing practice of unification.

So the first thing to think about is these four chambers of the heart. Think about the left atrium, and the right atrium, and the left ventricle, and the right ventricle. We want to diagram the heart in four equal squares for our potential utilization. As you look at the heart it doesn't matter left or

right, however you think about it, one, two, three, four. Then, as you think about what we are going to talk about this evening, just ask yourself a very clear question. *Where's my joy? Which chamber? One, two, three, or four?* Place the joy in that chamber. Okay? *Where's my sadness?* Whoosh. Sometimes it's right underneath, sometimes it's across, and sometimes it's diagonal. *Where's my sadness?* Joy, sadness. Just for one moment now think about where's my joy and where's my sadness? One, two, three, or four?

Now where is the calibration of judgment, anger, or resentment? Where does that show up? Umhmm. Now in the one speaking it showed up between her joy and sadness. So you might say, *Okay, so where is it?* We have got four blocks, right? Four boxes. You want to think, *Okay, so maybe it is not in the box. Maybe it is alongside the box or next to the box, or underneath one of the boxes or on top of one of the other boxes.* We want to think that there is a calibration. When we have a response to something it comes from somewhere, and in the body, when something comes from somewhere often enough it actually makes an imprint. It actually puts that place into a perspective where when something is experienced that part of the organism actually responds. It is like a synapse, or a trigger, or a reactivity. We all know being human, and of course I was human for a long time; the thing about being human is that you can decide that you are not going to react, and then something happens and you have reacted before you even realize that you have. We have all had that experience.

We want to recognize the distinction between feeling helpless about that and knowing that there are ways to work with that. If we know where the impulse is coming from then we can actually address that, work with it, support that, and foundation ways in which we actively shift things around. It's not good or bad. It's consciousness. It's awareness. It is being in a relationship with yourself where you recognize it's time for compassion, it's time for joy and bliss, and it's time to create what we came to create. It's time to take the inhibiting beliefs and the resistance we have to being absolutely fine and letting go of drama and all that kind of thing, very, very seriously. It's time to recognize that we have no place to go except in, and that when we go in and we identify these places then we have an immediate, intelligent response possible to say, *Ah, so what is there? How can we work with what is there?*

If the joy is on top of the sadness or the sorrow, and the resentment and joy is in between there, then if you are feeling sad, then if you are trying, or moving into, or feeling lighter, or bringing light up into the joyful space, you are going to go through anger and resentment if that is the way it is organized, let us say, or conducted through your heart chambers.

Let's look at another element. Let's look at creativity, spontaneity, magic, fluidity, openness, pure unconditional love; all those lovely open places. Where are they in your heart?

Now look at memory. Where are the memories stored? Where are the experiences? Where are the limiting beliefs? Where are the things that say, *No, I can't do that yet, I have to wait for this? No, it takes time for that, and No I don't think I could ever do that because, or I don't have enough experience, education, money, personality, good looks, whatever.* Where are all of those things balled up in your heart?

As you look at the relationship between these elements it gives you a perspective about the relationship that exists that you haven't known about. And now that you know about it you can

say to it, so, how about if we do this? How about if we make a channel over here? How about if we open this part to that? How about if we actually heal this part with that part? Or how about if we open that and let that pinpoint of light, because there is light everywhere, so let's let that pinpoint of light just shine out for a minute, and let some light shine back in so that we actually expand the light that is in that particular box or chamber. How about if we understand that for us to actually be feeling openly blissful, and connecting, and creative, and bringing forth all of our gifts, that these chambers need to be flowing easily and freely. Recognizing that in that vibrational cohesiveness there is a spark that then brings resolution and that gets scribed on the walls of the heart, as well.

Everything that we learn is scribed on the walls of the heart. Everything that we understand is also written there in those chambers. That is why the heart is such an important organ, besides the fact that it is about life and death; it is about life and death. It is about what we kill, what we thrive on, what we encourage, what we discard, and what we believe is going to power us or disempower us. Everything that we experience runs through the chambers of the heart and affects how the heart energizes and supports function or oxygenizes every other part of our body. There is a connection to the foot, the toe, the leg, the heel. There is a connection to the thyroid, the spleen, the liver, the digestive tract, the hips, the pelvis, and to the ovaries. There is a connection to the brain, the eyes, the ears, the mouth, and to everything.

What we want to recognize is when we go into the heart chamber as if it is a centerpiece of our consciousness and we look at it deeply, we ask these questions: *What do I need to pay attention today? What belief am I carrying that is holding me in the chamber of my heart so I cannot reach that joy? What is it that is establishing for me a ratio of receiving and giving that doesn't feel balanced? What is it that is offering me an opportunity to reenergize my whole system, to bring my heart into a level of resolution? What is it that is profoundly available to me now through the heart, through whatever is written there, through whatever it is that has been identified that now gives me a clue, or a key, or a boost of energy to actualize a different reality? What is it that I can now do that will support me in the reference system of my full consciousness?*

When we talk about the heart, and look at the heart, and take it apart, what really starts to happen is that we gain access, we have access. So in that moment of accessing what it is that we are, we can see how we have planned all of this, and what it is that is coming in to support us, and what it is that is coming in to challenge us. We can see what is there to push us to grow, and expand, and align with more people, and balance with our own hormones, and our own body systems, and so forth. That is when we begin to recognize our mastery, our capacity to create, and the alignment that is possible when we listen to that voice of our own inner teacher.

The Ones with No Names have for very many years said, "When you decide to be your own teacher then you can discard your outer teachers and decide that you will teach yourself and find ways to do so without pain, suffering, feeling separate, feeling less than, and so forth." Choosing to be our inner teacher, or to listen to our inner teacher, or to be with our inner teacher, is then an opportunity to step fully into that mastery and acknowledge who we really are and live that more fully.

First of all is figuring out where things are in your heart. Where are your resentments, and where are the things you are holding onto? Where are the memories and experiences that still have you by the throat? Where are the things that are surfacing that want to bring you peace, want to bring you harmony? What are those intentions or inclinations that move you outside of that momentum of suffering, or heaviness, or whatever the discordants might feel like within you?

If we put our right hand on our heart and our left hand on our right hand then we can feel into what this balance feels like from left to right. For example, if you have your left hand kind of horizontal across your body, the heel of your right hand on the chambers on the right side, and then you place your fingers over the chambers on the left side, then you can put your other hand underneath that. If you wanted to do that, the four chambers are represented in each part of your hand. One way that you could do this is to go to sleep with your hands here. Just ask the four chambers to equally flow energy from joy, wherever that is in your heart space, so the joy will flow into the suffering. And if, as with the one speaking, it flows through joy and from joy to resentment and through resentment into heaviness, that's fine. You start with joy and go into the heaviness. Then come back to joy, and go back and forth until you make a pattern. You actually make a pathway.

Remember the important thing to acknowledge is that every time you have felt anger, particularly at one person, there is part of your heart that holds that memory. You can make tracks back and forth between suffering and joy, suffering and joy. Then make tracks between joy and memories that you have been holding and resenting that have a place in you that you don't know how to release. You make pathways between joy and creativity, what you are here to do, your potential, your excitement, your magic, and all that. The joy becomes the place where you can always send the light from, regardless of what you might be feeling at any one moment.

The point of joy, wherever that is in your heart, is the point where the heart pulse is most consistent with your original, creative intention in this lifetime. It is your blueprint of the heart's magnetism and the heart's extension of consciousness. So in that moment that you are moving the joy everywhere and making pathways into different parts of yourself that do not have as much frequency, vibrancy, aliveness, freedom, openness, clarity, expression, or creativity, you name it.

When you are going back and forth from the joy into the other parts of the heart, you are going to feel that there is rhythm that the joy is giving you that is offering you a level of resonance that you can begin to identify with as your rhythm. And when it goes back and forth and in and out, and weaves and weaves, and weaves, it is making new pathways through the old sludge, or the old constriction, or whatever it is. It is opening a level of symmetry or balance that you can then feel every time you go into that chamber of the heart where the joy is that can be spread into each and every other point of calibration in the heart. This is so that your belief systems, your ideas about things, the resistance that you have that have become patterned: *every time somebody says that to me, I* blah, blah, blah; *every time that happens to me I* cha, cha, whatever that is can move and shift. Those patterns and beliefs are pretty stuck now, depending on, of course, how many times you felt them, and how old you are, and how intently you hold them, and talk about them.

But let's say that you don't talk about them, that they are just kind of there somewhere.

You are doing your best to open to new ideas, to be conscious of the fact that you are creating what you think about, and what the magnetics of your reality are. And so you say, *Okay, so all I need to do really is to go into the joy and have the joy be like a searchlight that moves back and forth in different pathways, and opens to different alliances, awarenesses, and connections, so that if there is something that is darker, or heavier, or not obviously feeling as light as the searchlight that I am sending, I can enlighten it. I can send it what it is that I am knowing from my own joy and my own light field. I can make sure that all parts of my heart have the same amount of light. I can know that if I shine light on something it will reveal to me whatever was not light and provide me with an opportunity to make that light happen through my free-will choice so that I can look at whatever it is. I spin into that space. I open to that acknowledgement, and in that process I actually begin to discover how I enlighten my organism. Every time I transform something in my heart chamber to a light field or a light point, or an uplifted space of vibration that rhythmically holds the intention of my consciousness, I immediately send light to the parts of the body that my blood is flowing through.*

In other words, my nerves, my fluids are responding to the heart difference when the rhythm of my light is more suffused, and supported, and present. So therefore, if you want to heal certain parts of your body, open your vision more, open your hearing more, deepen some part of your life force or expand a sexual deepening or a creative deepening up into the brain, or whatever it is, as you work diligently and frequently with the heart space, the blood, the light, the fluids, the cerebrospinal fluid, the fluid in the cells—everybody, everything feels as if that light expression is being shared. There is collaboration. It is being spread around like peanut butter on bread. There is the feeling that it is all okay and whatever was there to suffer about, or to be angry about is lifted through that light experience. If you are in the middle of looking at anger through joy, and you send light into it, and then you send light, wherever, to the uppermost stars in the sky, or to the moon, or to the creative source, or whatever. You send this light out and pierce the anger. *As I pierce it and send light into it I send light everywhere. I send light up, and out, and around, and through. Pretty soon I see in a very revealing way that the anger is a messenger. It scribed something on my heart, which is now shifting. The writing is changing. It is magical. It can disappear and be rewritten easily inside the chambers.*

As you are working with the experience of this, what becomes fascinating is that as you pierce the anger you understand the core issue which generated the anger, or we could talk about anything together here—anger, frustration, overwhelm, resentment, judgment, fear, separation, illusion, cruelty, anything, it doesn't matter what it is—impatience, you know. Therefore, as you spark the light and it pierces whatever it is that is your teacher, then you understand what the relationship of that element, or aspect, or person, or situation is to your own enlightenment.

That is what forgiveness is. When you look at something, and you see it, you give yourself for giving. You give yourself the freedom to let go of, or not be attached to, or not hold that element, which seemed a second before extremely important to your survival.

You do want to remember that a lot of these reactions have to do with the confusion about your safety. You know the heart energy holds all that we have experienced. It's all there. All the memories, all the understandings are there. And they are calibrated. Some are bigger than others, some are smaller than others, and some are differently shaped. It is all about how we survive, because we are animals, right? How do we survive? How do we feel safe? How do we gain the

territory we need? How do we understand more deeply what it is that we are supposed to do, or be, or say? What is it that drives us? In many instances it is to prove ourselves, to be accepted, to approve, or to have others approve of us, and to prove ourselves, or both. Sometimes it is to make a statement that will knock everybody else out of the playing field so we can say that we don't want to be alone, but then we watch ourselves make that reality a particular part of what we then need to deal with. So we see the irony, and we see what comes up, and what leaves, and why, and what that has been about, what the story has been, and what the now story could be.

What is interesting about the dynamics is that if you are playing them in your own heart, very important, if you are playing them in your own heart then you get to orchestrate how fast you get the revelation, what you do with it, where the suffering that you have been experiencing goes, how you lift the joy, and what choices you want to make about how that light gets utilized by your body. You get to scribe it in your heart, *I got this. Aha. The big Aha.* You get to look at what those core issues are and you balance those by sending light around, and figuring things out, and not judging anything for yourself about yourself. This is because the judgment is about other people usually, even though it is really about us, but we look at it as other people. When I talk about judgment right now I want you to understand this, because when the pieces start to come together you don't judge yourself any more, because you are intrigued by your own story. You are intrigued about how things came together and how they make sense, and you made sense out of them. Then you made a case against this one, and you did this about that, and you did not resist this, but you had that, and all these different ways in which your consciousness has functioned, and it is an interesting story for you, because it is you. So the ego gets really puffed up here, *Wow, I get this. Wow. Look what I've done, and look why I did that, why I thought I had a reason to do that. I certainly thought I had a reason to do that, but now I see that I could have seen it this way, and if I had this would have been also the "truth."*

While you are looking at all this, while you are paying attention to it, and playing around with it, you are healing your body, your emotion, your mind, and your spirit. You are healing your relationships with other people, because you are doing the inside work The Nameless Ones talked about last week. You are doing this inside stuff to see, *what's it about for me. I know I want to help. I know I want to contribute. I know I have a potential. I know I have lots and lots of creativity and wisdom. Why am I only using 20% of it, or 30% of it, or 40% of it, or 50% of it, or (whatever percentage you are using)? Why is it that the things that stand in the way stand in the way, and I have beliefs about those. I resist changing them, because I don't think I can, and I then establish a pattern where I am held in this invisible net of physical incarnation.*

After my last incarnation I did a lot of traveling around, because the suffering that humanity goes through is untenable, you know, it's just not okay. It is not bearable, and it is removable, changeable, shiftable. It can be released. It can be understood, and it can be deepened into joy, and it can be lifted into joy. I wanted to understand more about the dynamics of how humanity actually can discern ways to spark new realities, because with free-will you can do whatever you want. You create whatever you want to create by the vibration that you carry. So as I studied and traveled the thing that kept coming up was how the heart is the key to everything. It is not just because love resides there, and you can hear bells and fall in love, and it is an organ that determines life, but because it is constructed in a way that has tremendous resilience and that influences what is received and given in every part of the physical body, which of course impacts emotion, mind, and spirit.

The heart has within its chambers a rhythm; not the sinus rhythm that has to do with the beating of the heart itself but a rhythm of where your attention goes, why your attention goes there, and how you might be able to adjust that so your attention moves more deeply into the rhythm that is, let us just say, your wholeness being expressed. When you are in the rhythm of the wholeness, which we just discussed (going into joy, sending joy into suffering, sending joy into the memories, and then sending joy into the magic, and celebration, and potential), when you do it in that order the joy will seed the rhythm again, because it seeded it in the beginning. It is just that we have forgotten it, or moved away from it, or decided not to use it. It will seed the rhythm that it originally had, which is very much connected with the soul essence and vibration, and they work together in the sacred space to create an essence vibrationally unique to you. This is what The Nameless Ones are always talking about, because that is how you shift the reality in the world and how you bring who you are into the world.

One of the most important things is this rhythm that is innately yours, that is possible to in a sense "regain" by moving from joy to sadness to memories of experiences, people, and so forth and then into the light magic creative capacity of being. It doesn't matter whether your joy and sadness are diagonal or up and down. It doesn't matter where they are. You are moving from one to the other, to the other, to the other in this pattern. It will provide you with an opportunity to spin your consciousness through the joy into these places, pierce them so that they basically reveal their essence and character, and whatever else is held in there.

You might want to write that down. You could do an exercise if you like doing exercises. Write down what is in your sadness. Write down what is in the memories that hold certain traumas or whatever it might be. They might be very closely linked, these two chambers where you've got, the resentment, the judgment, and the reactivity, and then you have the suffering, the sadness, the hardness of life, the depth of challenge, the resistance to receiving anything, those kinds of things. Then you have the memories that in some ways many times create the energy in the chamber that has the suffering, and then the suffering creates the resentment, you know.

You can play with this off and on as you go through it so that you recognize what it is that is actually instigating this. As you play back and forth between all these different bits and pieces, you will recognize, *Ah, this all started at age 7 when that happened to me, and look where those threads went from there. They went into this chamber and that chamber, and they have this little place here, and I don't seem to be able to open that place. I'm going to have to shine the light in and pierce it.* And as you get the information, as I said before, you get excited, like *this is really cool. This is my story. This is why this happened. This is my core energy. I'm revealing to myself what I haven't ever let myself actually see before. I am revealing to myself my shadow, what I don't want to look at, what I am always upset about, why I'm upset about it.*

It is the origin that The Nameless Ones talked about last time. It is the origin of who you are, and it is everything laid on top of that, everything that has been puffed on top and kind of given a particularly grand costume of some sort. We want to divest ourselves of our costumes, of what we have painted things in, and what they look like, and why we have been able to accept that it is okay to have these things in the beginning. Why can we justify being angry, cruel, frustrated, overwhelmed, nasty, whatever it is. Yeah. Why have we been cruel? Why have we been impatient? Why have we been anything?

As we recognize what it is that actually calls these things from us we then can liberate that part of us that feels we need to respond in that way. We can move right back into joy, feel that circle happening where it's all connected, and it's weaving the pattern, and it is deepening the energy. As we do that we can recognize this is an opportunity to fully understand that the deepening energy of consciousness is truly a part of reality that is familiar, available, and already present. So to deepen the reality, to deepen the understanding it is already there. It is available to us all the time. All we have to do is know where to go to find it.

A lot of people walk around, and don't think they know why they do things. They don't think they know why things don't work for them. They are victims. You know, *Oh, it just never works for me*. And this process can be used by anybody, so please spread it around, share it, have people playing with it, play with it with each other. Have fun with it. People you trust, and love, and you don't care what they see, have some important time where you share it. *You know that happened to me and you know what that did? I did that and I did that. I cut off my own circulation, because I didn't want people to see me, or I didn't want people to know*, and all kinds of things start to surface. They come out as if all of a sudden you have got the answers to the Keys of the Kingdom. You have got the answers to your own consciousness, and how it grows, and what it does, and where it ends up, and what the valuing experience of that is for the culture of pure consciousness.

Using the tools that you are given and have been given for many years now, when you feel pulled or called to use them, can provide you with tremendous insights. If those insights are Aha's and then the behavior doesn't change, *Oh, I've been trying to do this for years, and I just cannot seem to change this part of me*, then it is a calibration in the memory part of the heart that needs to be taken off a layer at a time. It needs more attention. You have an opportunity to really take off these layers now; not just because you want to, and I am talking to you about it, but because also it is 2012, and the end of civilization is basically the end of separation. That is what it means, right? So as you know that this is the end of separation you want to step up to that plate. You want to acknowledge that you want to be part of that cessation of separation. You want to live that continuum of consciousness in a really strong way. And so you make available to yourself these tools and you use them, because there is nothing that is more important right now than finding out from your inner teacher what you are ready to let go of and what you are ready to embrace.

There is nothing more important than acknowledgement that you are in a space right now where it is optimal to shift from a calibration that does not serve you or anyone else, obviously, to a calibration that is foundationed in the truth of the Oneness of pure being, which is what the heart brings. It brings the Oneness of pure being. So take the information, the experience, the diagram, and play with it. Shape it. Move it. Feel as if, perhaps, you have nothing to lose and everything to gain, and understand that in an ultimate way what you are providing for yourself right now is an opportunity to fully understand yourself, to know yourself, to accept yourself, and to celebrate yourself.

It is my deepest longing to celebrate you with you, and so bring me into the mix. Ask for me, John Henry, to be with you as you discover your own heart. Feel into that and feel the magnificence of what that potential offers you, and me, and all of us simultaneously. It is a bright

new world, and it is a bright new world because we brighten it, and we brighten it enough so that all others begin to see that the brightness is real, and then they can choose it, as well, and we can live the peace that passes understanding.

We are now going to do the Heartwomb meditation.

#### HEARTWOMB MEDITATION

Just get comfortable. Put your right hand on your heart, your left hand on your right hand. Sitting with our right hand on our heart and our left hand on our right hand we are going to breathe together from the top of our head down into the heart chambers, all the chambers. Around the heart chambers is the Heartwomb, which is a spinning vortex of union, Oneness, interconnection, and truth that is calibrating constantly with our experience, particularly of other human individuals and our unified self, the parts of ourselves called the twin flame.

We are going to breathe down into the chamber. The chamber is spinning clockwise. We are going to breathe from the top of our head down into this chamber, which encompasses and contains the heart, and in and through all the chambers, however that works for each of you. We are going to breathe down deeper and deeper spinning round and round in a clockwise fashion. Then on about the tenth breath we will begin to feel who is in there with us, expand into connection with them, and then expand through all of the energies of all peoples in all places and in all times.

*Let's begin now by taking a nice deep breath in. As we exhale let's imagine that we are falling down into the heart chamber. We are going to go deeper and deeper into the heart chamber on our exhalations. And another deep breath in and exhaling right down into that chamber, feeling the spinning beginning in a clockwise direction. Another nice deep breath in, and we go down in and exhale into the chamber and start to spin deeper and deeper. We breathe in again, and exhale.*

*Now breathe in again, a nice deep exhalation, and we are now in the chamber really beginning to spin. We are beginning to feel the walls of the chamber around us as we breathe in again. As we exhale the spinning is getting stronger, and we recognize that we are in the Heartwomb. We are feeling all the threads of our heart joining together with all the threads in other parts of our heart and the threads of our heart chamber. We breathe in again, and exhale again and feel the very strong container now of the Heartwomb holding us as we spin. Another breath. Rest now as the spinning continues and strengthens. We will take one last breath together, inhalation, and then as you exhale just begin to feel as if the Heartwomb is holding you. You are spinning, but you are being held at the same time.*

*In the Heartwomb is everything that you have ever wanted or dreamed of, all the safety and comfort that is necessary for your feeling of comfort. Everything you love, now imagine it being there in the Heartwomb with you.*

*Feel the Heartwomb actually strengthening as more and more is added to it, spinning everything into a unified space. Your animals are there. Your children and grandchildren, anyone that you really love, significant others, parents, friends, it doesn't matter, people on this call. The Heartwomb keeps getting bigger, and it keeps getting bigger, it keeps getting*

*bigger. You rest in it, and more and more people are coming now to be with you in the Heartwomb—the people that you long to see that haven't heard from you in a long time. You are not sure where they are. Call them to you. Feel the alignment that is present in your being as more and more of you and more and more of what you love rests in this chamber with you.*

*Rest in this revolution of energy as it revolves from left to right and behind you, and in front of you. Just feel the rhythm of this cadence, because it is your rhythm. It is individual to you. It has everyone you love in it, and this rhythm is the loving frequency and vibration of your own heart.*

*Now bring in the people that you are not as sure of, not as comfortable with, not clear with yet. Even your enemies, those people who really don't like you, don't want you around, resent you, are frustrated by you, bring them in. Keep moving the energy in a clockwise circle, and recognize that it is all the same; the people that you love, the people that you don't. When you are in a loving space the real space the real love for those people that you are not sure about is really there underneath. The love is always there with absolutely everyone. Feel that now. Feel how unnecessary it is to hold a grudge, or remember some kind of betrayal. Just let the love keep flowing in the rhythm that is yours, and everything you add becomes part of the love rhythm of your essence.*

*Just because we can let's bring in the leaders of the world, Kofi Anon, those people who are negotiating and requesting peace, respect, and honor for the people and the earth. Let's bring in the dolphins stranded on the northeast coast of the United States and the wolves that are being hunted. The whales. The children. Spinning together in the heart.*

*Recognize how unconditional your love is, how beautiful, how resilient you are, how noteworthy, special. You can come to Oneness so easily. All you do is spin into the womb of your heart, and your heart gives you back the truth of who you are.*

*I will be with you again soon, and yet I am always with you. Take your heart, spin it out, and touch all that is, because you can. I love you all very deeply and bless you all in all ways, always.*