

Week 2 Day 3

The Heart Center – I am centered in the heart.

This energy center is about honoring our truth. It is the essence of who we are.

Within the mother's womb, a baby's heart is the first organ to develop and it is the last organ to cease functioning upon death. Our hearts are powerful centers. They keep our bodies running efficiently. All functions cease to exist without the heart. We often overlook this powerhouse. It is a subtle and yet profound energy center that is necessary for life.

Energetically, we store energy within the heart center. Our truth lives here. It is where we create and store inspiration. This is where we house our soul's purpose and highest potential.

Attempt an experiment with me right now. Close your eyes and think of a place and time that you remember as one of the happiest moments of your life. Imagine all the events that made the day such a pleasant experience. Sense what you were doing, who you were with, and what you were wearing. Were you around people? Were you outside? By the ocean? Where were you? Were there any smells, tastes, temperature changes? Was it warm? What was happening all around you? What was happening within your body? Were you excited, happy, calm, full of gratitude? Feel for a moment... good.

Now, let's bring up another good memory. Imagine where you were and what was happening in this new memory. What was happening all around you? Was there anyone with you? What were you experiencing? What were the sensations? Good...let's continue...

Add to this perfect memory another great memory. Continue to bring in all the visuals, sensations, and feelings associated with this memory. Just breathe into all these moments. Allow them to just consume your body. Take some time to do this. Stay here for as long as you like and continue to sense and embrace all the wonderful feelings of these wonderful events. Sense what is happening within you and around you. Everything. Continue...

Now, as you listen to my voice, take a nice, deep, cleansing breath in and out. Begin to come back. Maybe wiggle your fingers and toes, circle your wrists and ankles, and stretch your arms above your head. Take a nice deep inhale and exhale. Good. Place the palms over your hands over your eyes, open your eyes behind closed hands, take a deep breath in, and gingerly remove your hands from your eyes allowing the light of the room to come in. Now, take a moment to ask yourself how you feel? Do I sense openness? Am I expansive? What is my heightened awareness? Do my sensations seem keenly aware? Does my vision seem brighter? What are the sensations on my skin? If your journal is near, pull that out and take a moment to write down you experience. Allow yourself to do this now and pause this recording for 5 minutes as you do.

This experience was to help us gain access to the truth of our hearts. They long to be in flow of it's innately intuitive design; to be love. Anything out of alignment with this is just a process of unfolding into more of what it is becoming.

The heart is never searching to gain riches, rewards, or be acknowledged for good deeds. Instead, it simply seeks to improve upon itself to know it's truth. The heart is never self-deserving. It wants to make a difference and seeks satisfaction from becoming love. It cannot be programmed by anything outside of itself.

It already has an innate drive within to become soul purpose. Anything less than this will never feel right. It will always feel unfinished. This is the way of the heart, and its truth is conscious intuitive living.

The heart, as you have gathered, is powerful. It is the center of all the energy in our body. It is the point that energy cycles around and always returns. This was the meaning of the ever-expansive figure 8 meditation that we experienced last week. Every energy in our body that we are feeling...whether it is something troublesome or joyful is directly connected to the heart. This center is where everything happens, it is the source of everything.

Clearing our heart is also a delicate area to work with. In essence, when we are working with our heart, we are working with the rest of our body all at the same time.

This area encompasses everything in the chest and mid to upper back area. The breast and chest regions, the sternum, the back thoracic region, between the shoulder blades, etc. This area encompasses the choices that we make in our life that come from our true heart's desires. If we are living from an intuitive heart-based paradigm, we are living from our heart center. It will always be our most effortless way of living. It is without judgement for us and others. We must set down our fears and embrace our heart's desires to live consciously and intuitively.

Heartfelt situations may come up today. There may be areas in your life that require resolving with relationships, family, friends, or even acquaintances. Just as the past two days, allow these to gently surface. See what they are about. What are they trying to tell you? Some of them may not make sense. That's ok... just gently feel.

There may be images or memories of things that seem unrelated. Let them come up. And like before, feel where they are in the body. Breathe into them. Surround them with love. Place your hands over these areas. Imagine beautiful pinks, greens, golds, and silvery shimmery light embracing the entire area. Just love yourself. Thank the sensations for being there. Tell it, it has served you well. Express gratitude and allow it to be freed.

Remember the **Rainbow Yes Ritual!** Say "Yes!" to your higher self for healing...

Clap once over your left shoulder & say "yes"... (see golden sparkles from your hands as you clap) then clap once over your right shoulder & say "yes" (sparkle!) ... then clap 3 times up the middle (see those sparkles) from heart level, say "yes", to third eye level & say "yes", to the crown level and say "yes" (sparkle, sparkle, sparkle). Do it again... Clap Left & sparkle – "Yes!", clap right & sparkle – "Yes!", clap at the heart level and sparkle – "Yes!", third eye sparkle – "Yes!", and crown sparkle – "Yes!". Do it a third time... clap left "Yes!", clap right "Yes", clap heart "Yes", third eye "Yes", and then crown "Yes".... Then raise your arms high and paint a golden sparkly rainbow with both arms down the side of your body as if you are stroking your aura and all the limitations have been transformed, transcended and your wish has come true. Then breathe... put your hands at heart center...right over left...and breathe in gratitude and announce "Thank you" to the universe.

Imagine it dissolving and releasing like little pixie fairy dust going back to that from which it came but now it has dissolved into our loving light filled energy that no longer holds the resistive lower frequency energy. It has been transformed and released as golden light vibrating and lifting high up into the universe.

Feel it, breath it in and sense it and know this is true. It has happened. You just resolved and released with your Creator... your light of the universe, God or the god of your understanding and resolved and released it back to be used and transformed in other ways.

The phrases that may come up that are spiraling out of your existence could be...

“No one loves me.”

“I am a terrible person.”

“I have to do this in order to earn love in my family.”

“This is too much to handle... I don't think I can do this.”

“This doesn't make sense.”

“I don't understand.”

“This doesn't feel right.”

Remember, these are sensations that have been stored within you that have been playing out in your vibration for a very long time. When you give them the attention that they are looking for and wrap them in love they can resolve and release.

Go forth and LOVE YOURSELF UP!

You are encouraged to write these experiences down. Take it slow... offer up lots of gratitude and observe your experiences. As you release these lower frequencies you naturally transition into higher frequencies and lift yourself to a new vibration no longer consumed by old ways. New choices come, new relationships, and new experiences. The old just melts away. You have moved over to a completely new existence that is without the old recordings playing in the background. Your new vibration is the high frequencies of love.

Today's Mantra:

I feel within my heart, I am my powerful heart center.

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