

I Open My Heart

by Nicholas de Castella

We are conceived with our hearts more or less open. By this I mean that we are relatively connected to the truth of our being, to our source, to the oneness with all things, to our innate beauty, to love. Our feelings flow through our bodies relatively freely. Feelings are our life force, our animation; they provide us with personal power and create the 'color' in our life,

From the moment of conception on we exist in the physical world, learning (making decisions), taking on the values, including which emotions are 'good' and 'bad'.

'Good' emotions are generally those of joy and peace, 'bad' emotions are generally those of sadness, anger, and fear. When we experience 'bad' emotions there is a natural tendency to resist their natural course of flow. This resistance is PAIN. Sadness, anger, and fear are not painful emotions; it is making them (and us) wrong and trying to suppress them that is painful. When we allow ourselves to freely express our feelings they can flow through us quite gently and harmoniously.

To release the pain in our lives we need to accept all our feelings as valid and 'real' parts of ourselves, to stop judging some emotions as 'good' and others as 'bad'. We need to practice accepting, letting go, allowing, and surrendering...

Sadness is caused by closing off our heart. It occurs in the forgetting of who we really, really are our true, magnificent, divine selves. It is the 'empty' space between the smallness of the limitations that we have 'bought' into and the vastness of our being. We feel sadness when we have decided that we are anything other than perfect right now.

When we experience sadness we can either express it or allow our hearts to open a little bit more for the experience, or suppress it and close our hearts down a little. When we make it wrong or bad, we tend to suppress it, to pull back, to hold on, and as a result it becomes painful, ugly, and makes life a struggle. As we suppress (close our hearts) feelings we judge as 'bad' we also lose touch with the ones we judge 'good' (joy, peace and love).

When we accept our sadness as OK, we allow it to flow through us. The flowing of emotion through us has the effect of opening our hearts up again, dissolving the illusion of finiteness and separation. We start to feel all our feelings more vividly, we expand our life force, our power and open up our connection to eternal oneness, to feeling the 'truth' of our being; love, joy and peace

If my love (acceptance) of someone is rejected then this does not affect my capacity to love them unless I decide that I am less worthwhile (I love myself less) and do not express this sadness. I close down the flow of love through my heart.

If I allow myself to grieve for my sadness, my heart opens. The experience has now led to a positive contribution to my personal growth and expansion. As a result of opening my heart I am now able to love, more compassionately, more openly, and more fully.

Awaken to the knowledge that;

I am the creator,

I am the source of love in my life,

My self image is based on what I am, not what I do

I open my heart to love

I am LOVE

Institute of Heart Intelligence

P.O. Box 198. The Basin 3154 T: 03 9739 8889 www.eq.net.au info@eq.net.au