

# The Re-Awakening

## The Miracle of the Heart



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# The Re-Awakening

## The Miracle of the Heart

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# The Re-Awakening

## The Miracle of the Heart

*“Love and compassion are necessities, not luxuries. Without them,  
humanity cannot survive.”*  
– Dalai Lama



## Chapter One

What is the “miracle of the heart?” When we speak of the miracle of the heart we may think it to mean man’s capacity to endure any great suffering and still maintain a desire to live and, we would be right. But, there is so much more to the miracle of the heart.

The heart never stops and beats in excess of one hundred thousand times per day. You might call it the most important organ in the body for we cannot exist if it stops.

Similarly, the spiritual heart is just as vital to the quality of our life. The miracle of the spiritual heart is that when it is operating in a healthy manner our lives are so much more fulfilling and rewarding. The spiritual heart helps us form rich loving relationships from friendships to coworkers to family. An open spiritual heart is where joy manifests in our life.

### The Heart is the Seat of the Soul

*"A mystic sees beyond the illusion of separateness into the intricate web of life in which all things are expressions of a single Whole. You can call this web God, the Tao, the Great Spirit, the Infinite Mystery, Mother or Father, but it can be known only as love."*

--Joan Borysenko

The heart is referred to as the “seat of the soul” because it is the gateway to your spirit or soul. When you reconnect to your spiritual heart you also reconnect with your soul. Your spirit or soul is not your personality. It is the part of you that records the lessons you learn while alive and the part of you that is eternal and evolving toward merging with the Divine.

When you reconnect with your soul you begin to react less to negative emotions. You allow the emotions to pass without allowing them to draw you in and upset you. Automatically reacting to every negative emotion blocks your ability to feel unconditional love for others and from experiencing the true joy of being alive. When your emotions are continually “see-sawing” up and down you cannot enjoy your life. Your happiness is dependent on your mood. Connecting with your soul and learning to separate your true self from toxic emotional responses is part of the process of your spiritual awakening.



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### Reconnecting to your heart is the first step in your spiritual awakening

During this awakening you begin to realize that external factors truly have no bearing on your ability to be happy. You do not get upset over things like you did in the past. Your moods become stable and you find great joy and happiness in your everyday life. You no longer strive to acquire “things” to provide happiness for you. You are content with what you have. You find happiness in just “being.”

### When your heart opens the quality of your relationships improve

Your relationships become more rewarding. You do not get upset over the little things that people do any longer. You are more accepting, tolerant and forgiving. You see that everything and everyone is already perfect just as they are. There is no reason to become disturbed over why things are not how we “think” they should be. You release the need for people and life to conform to your expectations and this change results in your long term happiness.

### Hearing the whispers of the heart

When you reconnect to the heart you also reestablish a connection to your intuition. Your intuition is how the soul’s guidance and wisdom communicates to you. Your intuition is quiet and soft like a whisper. If you are always rushing about and focused on the external world you will miss these subtle communications of divine guidance. Part of reconnecting to your heart and awakening spiritually is developing the spiritual practice of daily meditation or quiet reflection.



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### Going within strengthens your connection to your soul

When you commit to a daily practice of going within you strengthen your ability to hear the guidance and insights of your soul. It takes practice to be able to discern the voice of your spirit from your thinking mind. The more time you spend in quiet reflection during meditation the more easily you will discern the difference.

Your spirit is always trying to communicate with you. You may not have heard it but, it has never been apart from you nor has it ever stopped trying to guide you in your life. When you sit in the stillness and tune into your spirit you will become aware of its loving presence and you will hear its wisdom guiding you.

There is nothing you cannot ask your soul. Your soul has the answers you seek to every problem in your life. It is your very own wise teacher and you are this teacher's one and only pet student. All your spirit asks is that you become increasingly more "conscious" of the spiritual dimension and of it.

The more your consciousness expands the more lessons you will be able to absorb and assimilate. Each lesson helps bring your soul closer to its ultimate purpose and destination which is to know oneness with the Divine All. The closer your soul gets to knowing "oneness" the more you will be able to feel at one with all life in the physical dimension.

### To arrive at "oneness" is to find bliss

The more you experience your oneness with all life forms both animate and inanimate the more you will experience joy. The joy will be a celestial joy that is so far beyond what our limited human brain can conceive of that it cannot be described with words. Bliss may come close but, it too falls short of the "joy that cannot be described."

As you continue to strengthen your connection to your soul you will begin to exude unconditional love. You will be forgiving without even thinking about it for you will not take offense like you used to, so there will be no need of forgiving. You will be a person who is calm and at peace no matter what is going on around you. You will be pure goodness and exude this goodness. People and animals will be drawn to the purity of your light which beams from your open heart. You will be incapable of hurting others. Your entire persona will change and you will become a being who is "in the world but not of it."



## Chapter Two

Opening your heart is beneficial to you, to others and to the world. One person changing and opening their heart will affect everyone around them. Becoming more loving and tolerant towards others creates a ripple effect. This ripple moves from person to person and leaves behind in its wake a kinder more loving person.

### Reconnecting to the Heart will Benefit the World

*“Our task must be to free ourselves... by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty.”*

-- Albert Einstein

Reconnecting to our hearts is more vital today than it has ever been at any time in our history. Our survival as a species and the future of our home, planet Earth, depend upon it. In the last 100 years consumerism has crisscrossed the globe. The spread of the consumer economy has made greed a character trait to be proud of and accelerated the pollution of our planet.

The solution to the spread of greed, the plunder of our natural resources and increasing rates of pollution is to reconnect to our hearts. Through rediscovering the wisdom of the heart we bring back feeling satisfied with what we have, kindness, connection and civility to our global culture.

### Values gone awry

The advent of our fast paced world with low brow reality television shows crowding the airwaves is a growing population of individuals who have lost touch with the kinder gentler side of themselves. “Brash, brazen and shocking” are the character traits that are most emulated today by audiences pulled in by the rude and crude stars of reality television. Wealthy housewives now aspire to trashy “stardom” in order to make their lives worthwhile.



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The proliferation of reality television with the constant squabbles of their stars, violent films and violent electronic games has contributed to creating a generation that is devoid of empathy. Hours spent “killing” electronic game characters has contributed to a disturbing immunity to feeling the pain that others suffer.

When television shows portray characters shooting and killing another human being and the lead character walking away without feeling a shred of emotion it teaches children that taking a life is easy and nothing to feel remorse over.

### An open heart is an empathetic heart

We need to reconnect to our hearts again in order to bring back empathy, compassion and civility to our society. Only reconnecting to the heart will rekindle the relationship with our soul. The heart is the doorway to releasing unconditional love. The need for more love, more forgiveness, more compassion and tolerance is what is needed to unite all people as one family on this planet again. More love, seeing the oneness of human beings and all living creatures will allow us to work together to solve the world’s energy needs while also saving our planet from the harmful effects of pollution and ecological disasters.

Only when we disconnect from our hearts can we tolerate a culture of violence and treat the earth as our own dumping ground. Reawakening our awareness of Earth as a living ecosystem will bring back the reverence we once had for our marvelous planet. Reconnecting to the love in our hearts, we can never again spill tons of oil into our ocean waters or let nuclear energy plants release dangerous radiation.



## Chapter Three

We can have more joy and happiness in our life if we learn to connect to the heart again. We do not need to lock ourselves away from society or live in an ashram to stay connected to the heart. We can live “everyday lives” that are extraordinary by viewing everyone and everything through the lens of the heart.

When we look at life through the heart – everything becomes a miracle!

The lens of the heart is love. And, how does the world look and feel when you are in love? Nothing bothers you. You smile for no reason. Everything seems wonderful – even finding a soggy newspaper soaked through from the rain on your doorstep doesn’t bother you, does it?

Your everyday life becomes a miracle when you look through the lens of love.

### Rebuild Your Life from the Heart Up!

*"Happiness cannot be traveled to, owned, earned, worn or consumed.  
Happiness is the spiritual experience of living every minute  
with love, grace, and gratitude."*

-- Denis Waitley

What would your life be like without friends and family? Relationships and memories of moments with the people that matter are what make life worth living. This question of what life would be like without friends and family brings to mind the character of Ebenezer Scrooge from the Charles Dickens novel, *A Christmas Carol*. Scrooge had no friends and while he had a family, had closed his heart to them. All he cared about was business and his money. His life was meaningless and empty. It was only when he faced his fears when each of the three ghosts visited him that his heart opened again.

Fear is the most common reason we close our hearts. The fear can stem from being hurt, feeling lost, alone and unsupported and being rejected. Facing our fears and getting to their roots is the only way to tear down the wall we have put up around our heart.



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### To strengthen your relationships open your heart

If you are having or have experienced difficulties in your marriage, or severed ties with children, brothers, sisters, parents and friends your heart may be closed. If you find it difficult to forgive and move on and play the blame game you too may have a closed heart.

The heart is the key to healthy and rewarding relationships. In our culture we associate hearts and Valentines with romance but in actuality the heart has dominion over all kinds of relationships not just romantic ones. A healthy strong heart center will contribute to all kinds of healthy friendships, such as relationships with coworkers, authority figures, neighbors, siblings and parents. When we are angry, jealous, envious and upset these negative emotions affectively close the heart. To have healthy relationships of all kinds requires an open and happy heart.

### When we feel unworthy of love

Opening our hearts will turn our feeling of unworthiness around. When we feel unworthy of love we close our hearts up tight. We might have been hurt in the past by someone we loved and trusted and closing our hearts is an act of self protection. The problem is that while we think we are protecting ourselves from getting hurt again we are also keeping love out.

When we feel unworthy we are afraid to open ourselves to intimacy. We fear that if someone really got to know us they would “see” just how unlovable we are. Keeping intimacy at bay means that we do not allow anyone to really get to know us. We cannot share our feelings or any part of ourselves from a deep level because opening up to that degree touches the pain and fear we have closed our hearts to protect. We go through life feeling alone even when we are surrounded by people, because we cannot be intimate with anyone. The “protection” of closing the heart becomes our prison. We are locked inside where no one will ever get close to us.



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### Letting go of old wounds opens our hearts

The solution to healing old wounds is to open the heart. We must learn to trust again and to take a chance on revealing our true selves. It might take time, it might take therapy and it might take a very compassionate and caring friend or spouse to help us but, it is the only way to truly experience life. When our heart is closed because we feel unworthy we cannot experience joy or happiness. Joy and happiness are experienced in the heart not in the mind. Locking down our hearts locks out joy and happiness too.

### To feel more love open the heart

When we open our hearts we feel more love and we receive more love from others too. We cannot experience anything outside of ourselves unless we first experience it within ourselves. The intention to open to love not only beams love from us it brings love back to us. If you have felt lonely and unloved try opening your heart more.

### When you change inside the entire world changes

Opening the heart heals broken relationships not only with others but, with ourselves. We are more capable of empathizing with others and become more compassionate. We do not hold onto anger or grudges but forgive and move on. The quality of all our relationships improves. When we have successfully opened our hearts everything changes for the better. We become happier. People around us notice this change and are drawn to us. A happy person easily attracts people to them while an angry and unforgiving person repels others.



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### Signs your heart might be closed

- ◆ You are frequently ill. You have suffered a heart attack or have heart disease.
- ◆ You experienced a major blow such as the break-up of a marriage or a betrayal of trust in an important relationship in your life.
- ◆ You hold onto grudges for long periods of time, neither forgetting nor forgiving.
- ◆ You are jealous and envious of other's achievements and good fortune
- ◆ You are suspicious and frequently question the motives of others.
- ◆ You have a lack of compassion and empathy for people. You judge others harshly.
- ◆ Your attitude toward other people's problems is that they created them so they ought to be able to "fix them too." You had to deal with your own problems all on your own without help, so you feel others should be able to do the same.
- ◆ Some people call you a loner and you might even refer to yourself that way too. Socializing is not your favorite thing. Your spouse refers to you as "anti-social." You find it difficult to be genuinely interested in other people.
- ◆ You have a hard time putting other people's needs ahead of your own. You want what you want when you want it.
- ◆ You find it difficult to communicate your feelings. You aren't in touch with your emotions.
- ◆ You come off as somewhat stiff, formal and impenetrable. You can be cold and distant at times.
- ◆ You don't like yourself very much but you try to hide it.



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### How to get in touch with your heart again

We live in such busy times. With so much information coming at us in all directions we overuse the intellect. We don't have frequent periods of downtime. We are always reading something on our phones or computers and listening to messages, watching video. There is rarely a time when we are not doing something. All of this "busyness" prevents us from getting in touch with heart. The heart sends out feelings of love and of compassion. The heart feels glad when you are happy. Do you recall that feeling of "gladness?"

#### Recognizing your heart when it speaks:

- ◆ When was the last time you felt truly glad? So glad that you couldn't stop smiling?
- ◆ Do you recall that delicious feeling of love you had when you first met your spouse or partner? Or, the feeling of love you felt when you first saw your infant child?
- ◆ Was there ever an instance in your life when you suddenly felt intimately connected to all of life and time stood still for a moment as the entire world opened up to you?
- ◆ Were you ever struck by the majesty of nature and the natural world?
- ◆ Did you ever see a baby being born? Were you awestruck by the miracle of life?
- ◆ How did you feel when you first picked out your puppy or kitten? Wasn't it love at first sight?
- ◆ Do you recall the joy you felt at being reunited with someone you love?
- ◆ Have you ever felt such empathy and compassion for another person's plight that you could not stop yourself from helping them or hugging them?
- ◆ Have you ever attended a live concert and felt pure unadulterated joy?
- ◆ If you have ever wept with happiness it came from your heart



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While these feelings happen in an instant we must be in a frame of mind that is capable of receiving these impressions. When we are rushing about and stressed over things, driving, watching the traffic, talking on our phone, our minds are so engaged with the outside world that our poor heart cannot be heard. To get in touch with these magnificent signals our heart sends to us we must slow down and focus our attention within.

Generations ago before mass communication devices infiltrated every home people spent time in quiet reflection. There were fewer manmade noises to disturb the quiet or sounds of nature. With no distractions like television and radio people had more time to converse and listen to one another. If there was a gathering spot in town you would find people there engaged in conversation. Social interaction was extremely important. Neighbors knew one another and looked out for each other.

The language of the heart was spoken more often. A father might take his son fishing and while out in nature see an eagle flying over head. The beauty and marvel of this magnificent bird was not lost on the father and his son who, in an earlier time, were free from the distractions of digital devices. The son was not playing video games on his smart phone and the father was not perusing his work email while they waited for a “nibble” on their rods. Both were fully present to the experience and awestruck watching the mighty bird soar on the wind currents. Seeing the magnificent bird gave way to great appreciation for nature and all her creatures and all life.

### Communications from the heart feel different

When we receive those glad and joyous feelings from our heart we experience them in the chest near the region where our heart is located. True happiness and joy emanate from the heart area.

When you were last thrilled about something wonderful in your life did your heart skip a beat? Did you find yourself gulping air through your mouth? Were you aware of a sense of warmth spreading through your upper chest? Could you feel your heart swell? Were you ever so happy that you were at a loss for words? Did you find that you automatically brought your hand to your chest?



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### Thoughts are not felt

When we think it is done in the mind. It is a purely cerebral action. It is recalling information that has been placed in our memory banks. You don't "feel" thoughts. Feelings of love, compassion and empathy arise spontaneously through the heart when we connect to another human being. Thinking does lead to emotional reactions however, especially when our ego gets involved.

### Emotions are chemical reactions within the body

Our emotions are manufactured by chemicals in the body as a reaction to a thought we have had. When we feel we have been insulted it is the ego, which is part of our personality that decides we have been snubbed. This reaction to what the ego deems as the "insult" causes our body to release certain chemicals. When the chemicals are released we experience the corresponding emotional reaction.

Emotions such as anger, fear and jealousy are felt in the area of your "gut" or solar plexus. All negatively charged emotions are variations of anger and fear. If you feel threatened – that is a variation on fear. If you feel annoyed that is a variation of anger. Over time these chemical reactions to our negative thoughts can weaken our immune system which can lead to illness.

### How opening our hearts changes us

When we open our hearts we become happier and healthier. We are more open to happiness and joy and even small things we might have tended to overlook in the past make us happy now. A more constant state of happiness keeps our immune system strong. With a strong immune system we do not become ill as often.

We also approach life more calmly. We feel a quiet sense of faith and confidence in all we do now that we have established our connection to our spirit. We know we are continually guided and have access to this guidance at all times. Knowing we can avail ourselves of this wisdom and guidance at any time gives us the strength we need to get through any situation.



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We are kinder and gentler towards everyone we meet. We express love more easily. We do not need to attract attention to ourselves to feel good about ourselves because our own self-love has increased. We love ourselves unconditionally just as we are. There is no more inner friction to change and become like this or like that. We have accepted ourselves at our core as a spiritual being. We have come to know that the personality is not the eternal part of our spirit.

We do not need to brag about our accomplishments to appease our egos any longer. The attention seeking ploys of the ego have ceased and it no longer drives the behavior of our personality. We are humble and free of the falsities of the ego. And, we unwittingly become role models for others because of these attributes and our calm and steady characters.

### Backsliding is possible but not permanent

We are tested when we come in contact with people who in the past “pushed our buttons.” When someone pushes your buttons you react by activating the chemical responses in the body which create emotions. If someone rubs you the wrong way your ego gets its defenses up and immediately the body reacts to this internal friction by releasing the chemicals that create the emotion of anger. Then you feel angry.

If you have established a strong connection to your heart you will not backslide when you come in contact with this person. And, even if you do the emotion will not last for as long period of time as it might have in the past. In the past you might have brooded over the experience for days and continued to be upset every time you recalled the incident. Now, it will recede quickly as you have forged a stronger connection with your heart than you now have with your ego. You’ve broken your identification with your ego being yourself.



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### How to let more love in

The answer to letting love in is to begin by loving ourselves more. When we love ourselves we accept ourselves as we are. We learn to turn off those critical voices in the mind that tear us down and make us feel “less than.” Standing before a mirror we can look into our own eyes as tenderly as we might look into the eyes of our child and say, “I love you” and mean it.

Loving ourselves is not narcissism. Loving ourselves is an important part of feeling whole and part of the process of learning how to truly love others. The fairy tale of living “happily ever after” will remain a fairy tale until we first learn to love ourselves.

If we cannot love ourselves “warts and all” how are we to love another “warts and all?” When we learn to love ourselves just as we are and to forgive ourselves for our faults this kinder and gentler attitude toward ourselves becomes our attitude toward others. If we accept only parts of ourselves and reject others we will attract people to our lives who also reject those parts of ourselves. Everything we think and feel about ourselves is mirrored back to us by the people and situations we encounter in life.

Learning to love ourselves makes us kinder, gentler, compassionate, patient, understanding, supportive, tolerant, trusting, faithful, confident, relaxed, easy going, open, happy and fun to be with. In other words, it makes us into exactly the kind of person we would like to have in our lives! To attract people with the same qualities we must possess those qualities first.

### Opening the heart takes courage

When we open our hearts we are more vulnerable. But, there is a quiet strength to consciously opening the heart and knowing you are vulnerable. It shows that you have overcome the fear of being hurt and have developed courage. When we have courage we take action. When our hearts are open if we are called to do something we do not hesitate due to fear but act. There is so much more satisfaction in life when we develop the courage to act despite our fears. The result of meeting our fears head on and taking action anyway is that the fear diminishes and eventually disappears. If we hide from life because of our fears we will never grow and we will never truly love.



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### An exercise to open your heart

**To begin to open your heart, practice this exercise each day:**

- ◆ Go somewhere you will not be disturbed and sit comfortably with your eyes closed.
- ◆ Place one hand on your chest in the area of your heart. Place the other hand on your lap.
- ◆ Take three deep breaths in through the nose and release them through the mouth.
- ◆ Silently, tell yourself that you wish to open your heart and that it is safe to open your heart.
- ◆ Out loud state that “My heart is open and I now experience love and true joy in every area of my life.” Say this ten times.

If you like you can write the affirmation on an index card and tape it to your bathroom mirror so you will be reminded to do this exercise each day. The more you say this affirmation with conviction the more you draw to you the joy and love you desire.



## Chapter Three

Traveling a spiritual path is a life long journey without a destination. There is a Buddhist saying, *"Before enlightenment he chopped wood and carried water. After enlightenment he chopped wood and carried water."* Your everyday life will not stop when you begin your spiritual development. You will however, change. Your perception of life will be totally different. Your capacity to shoulder whatever needs shouldering, bear whatever needs bearing, love, empathize, support and offer compassion will expand exponentially but, yes, you will still do the dishes and drive to work every day. What you won't do is worry about the things you used to worry about, or get upset about the things that used to upset you or become angry over the things that used to anger you. You will find that the rough edges in life have been smoothed along with the rough edges in your character. True contentedness, peace and happiness will be yours.

### Spiritual Awakening Leads to Fulfillment in Life

*"We are not human beings on a spiritual journey;  
we are spiritual beings on a human journey."  
-- Teilhard de Chardin*

When we awaken to our true purpose for living we awaken to our own spiritual development. To develop spiritually we must get in touch with our spirits. Spiritual growth is the path that leads to feeling complete and whole and to finding meaning and fulfillment in our lives.

Once awakened and on the path of spiritual growth we begin to follow guidance that comes from within from our soul, via our intuition. Our spiritual growth pervades every aspect of our lives. Every challenge we come up against and every grace we are given is seen within the context of being on this spiritual path. While we may still have aspirations and goals becoming fully conscious becomes the overarching theme in our lives.



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### Letting go of resistance

We choose to let go of resistance. Through opening the heart to our true spiritual natures we have learned the hard way that resistance is the source of all pain in life. Choosing to follow the path of least resistance in life we automatically begin to flow with life instead.

### Release attachments

To flow with life instead of resisting and insisting that life has to conform to what we think is right we must release our attachments. Attachments to people, places and things create the resistance that result in pain. Releasing attachments allows us to not only flow with life but to change and grow in consciousness. Through change we learn how to be flexible and adapt to new circumstances.

### Adapting to change leads to evolution

Evolution is what ensures our survival and the survival of all mankind and our planet. If you can, picture our early ancestors in your mind's eye. The first Homo sapiens were very limited in the scope of their consciousness. They were born and had to survive in harsh conditions. They procreated and died. They didn't examine their motivation for doing what they did. In the thousands of years since Man first walked the Earth we have evolved. Evolving into ever greater consciousness of our relationship to nature and our planet, our place in the Universe, connection to the unseen realms of spirit is our purpose is why we are here.

### The Oneness of all life

When we reconnect to the miracle of the heart we are also reconnecting to the heart of the Universe. The heartbeat of the Universe is the pulse of life that exists in every living creature. It is the pulse that connects us all to one another. It is the oneness our soul seeks to merge back into. Awareness of this oneness and feeling this connectedness is what we have been searching for our entire lives.



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Merging back in to the ocean of “oneness” is the ultimate experience our soul seeks. When we have experienced the oneness we can never forget it. It is a feeling of going home. And, we will continually strive to feel it again and again. This experience is called the mystical experience. The heart is the gateway to this experience.

It is a feeling that cannot be described adequately in words. It is the “peace that passeth all understanding.” It is an awareness of being loved and exuding unconditional love at such a powerful level that it can only be likened to what we might call an ethereal love. There are no barriers to this love. There are no conditions and no judgments limiting the volume of love streaming to us and through us. We no longer exist as a personality in those fleeting moments of pure bliss. We have become the totality of the heart; our heart and the hearts of billions and billions of others souls are beating as one. The pulse of this love is so powerful that it cleanses our senses. We hear the celestial music that is all around us at all times. We hear the love in every note of the songs of birds in the trees. The colors around us suddenly become sharper and brighter. The smell of flowers near us becomes magnificent. The love is so great we wish it never to stop. We love everyone and everything and we are everyone and everything. There is no us and there is no them. We are one.

### Serving others with an open heart

Maintaining our connection to the spirit means living with an open heart. One of the best ways to keep our hearts open is through serving others. Acts of compassion and loving service to others strengthens the connection to the spirit. If we see ourselves as Mother Theresa saw herself, “*I am a little pencil in the hand of a writing God who is sending a love letter to the world*” the love letter our service writes might be the instrument that opens someone else’s heart.



## Final Thoughts

*"Realize that true happiness lies within you. Waste no time and effort searching for peace and contentment and joy in the world outside. Remember that there is no happiness in getting, but only in giving. Reach out. Share. Smile. Hug. Happiness is a perfume you cannot pour on others without getting a few drops on yourself."*  
-- Og Mandino

The miracle of the heart only awaits your invitation.

It is there waiting to reveal itself to you. To open the door to your heart is to let love into your life. Love and all of its variations such as compassion, empathy, joy and gladness will give your life renewed meaning. People will gravitate toward you not knowing why but, it will be because they desire to open their hearts too, whether they consciously realize it or not.

On the outside your life will look the same but on the inside your open heart will make you a person in love with life.

And, you know how wonderful it feels to be in love don't you? It makes life sublime.

Angela Artemis  
Steven Aitchison

