

Initiation of Love and Forgiveness

Now is the Time for total and complete Forgiving of self.

By Patricia Hayes

Healing our Heart Quakes

We have all experienced Heart Quakes in our life. They are devastating and for the most part leave us feeling crippled and unworthy and wondering if we will ever recover. Heart Quakes can best be described as the heart shattering events that take place in our lives that cause us to think we have lost our heart. The aftermath of Heart Quakes leaves us with negative perceptions and feelings about self, trust, and many times relationships in general. The soot



and debris of them often coats our heart with protective armor that causes us to think that we are unable to feel love. We refer to this as a “broken heart” because intuitively, we seem to be aware of and feel the crack that swallowed our heart. Some of us feel as if we have given our heart away or that someone stole it. Some of us even feel heartless. We try to tell ourselves it does not matter. We don’t want to feel the pain and numbing our feelings is the only way we know to deal with the trauma. Sometimes we even become “hard hearted” for a while so it does not happen again. Many times

our friends can feel the hard steel armor just beneath our surface even though we are not aware that they can. These thoughts and feelings are not the lack of a heart. They are the debris and aftermath of a Heart Quake. Most of us recover and discover that our Heart is still with us. We know because we begin to feel Love again. Some of us still haven’t and desperately need Healing to know that their heart is not empty or dead. It has not been swallowed by the Quake. Their heart is not the dark clouds of thoughts that still hover over them. Our heart can never be extinguished by our thoughts. For within our Heart is our precious and sacred Loving “I” waiting for us to hear it’s still small voice again. Our loving “I” will wait forever to be heard and re-discovered if it has to but would much prefer to be set free now. The Loving “I” only needs your ego’s recognition to be free so that it can once again begin to create loving experiences and vast and wondrous abundance in your life. Now is the Time for total and complete Forgiving of self and others. Now is the Time for the Initiation of Love and Forgiveness.

“The only devils in the world are those running in our own hearts and minds.
That is where the battle should be fought.” -Mahatma Gandhi

Purifying our Heart Dungeons

Purifying our Heart Dungeons is a horse of a different color. This purification requires deeper understanding for most Heart dungeons have been created lifetimes ago. We have accumulated many psychic and physical scars on ego’s arduous journey to find self-identity. But none are as severe or emasculating to us as Heart Dungeons. Heart Dungeons conceal and

reveal the sour debris, morbid thoughts and putrid feelings about self that are hidden from our daily and conscious thoughts; those dark, dark thoughts about self that hide our Light from ourselves. These are not caused by Heart Quakes in our external world, but are formed by thoughts and feelings of self-hatred from our own past abuses of our power. They are mentally constructed by our self-judgments and perceptions of our dark and uncaring self. The dungeon is formed from our most severe judgments of self. I call these dungeons Self Cells and they are just that: Cells that we have created to imprison ourselves. They always involve abuse of our power in some way. These are the hidden and secret perceptions of self that form ugly scenes; frightening thoughts and feelings that frighten us in dreams and convince us that we are utterly and completely heartless and undeserving to receive the good things in life. They are most often constructed in our ancient past rather than current life. Sometimes, heart dungeons are buried so deep within, we aren't even aware why we feel like we do. We aren't consciously aware in our life of doing something that would cause us to feel this way. We overcompensate by attempting to please people so they can't see what we are feeling. We create facades to fool people. Somehow we know www.delphiu.com Healing Arts Journal August 2012 4 that we can never let anyone really close to us for fear he/she finds out what is really buried within. Through our lack of spiritual understanding at the time we constructed the heart dungeon, we have stored within our spiritual memory the faulty perception that we are eternally doomed. We fear our own power and don't know why. We despise others that abuse their power and severely judge them as we have judged our self. Heart dungeons are filled with deceptions that we can never be forgiven and cause us to feel like we're living a lie.



We know we don't deserve happiness, abundance or even good luck. A subliminal tape plays within our thoughts telling us that we are unworthy and can't be trusted. This tape plays without stopping perpetuating a hidden hell within us. Heart Dungeons are hells of our own making. These are the hells that our faulty perceptions of self-create. These are dark prisons of our own making and are there because we are convinced that we are eternally damned. These are the thought prisons we enter when we are convinced that what we have done is unforgivable. This all sounds very dramatic but heart dungeons cause us to feel we are a child of darkness rather than light. We touch these thought prisons every once in a while in our current life. We could become jealous, envious or angry and all of a sudden, our emotions escalate and an inner rage rears its ugly head and ravages someone. Someone or an event had triggered something within us that was monstrous and seemed bigger than life itself. Where did this overpowering rage come from? The question is not often answered. The rage has been buried deep and lies within the sunken secret chest lying in our heart dungeon. The rage is about the imprisonment of our soul that is locked in the secret chest and doomed (so we believe) to darkness for eternity. I call these heart dungeons: Self Cells.

Many times our thoughts of self in our present life are far worse than anything we have ever done in our present life. Where are these thoughts and feelings coming from? Perhaps, in a past life, in our exuberance and unrealistic passion, we led a group of people off a cliff and everyone died. With our last breath, we vowed that we would never hurt people in that way again. Perhaps we truly did abuse our leadership power in our ancient past and were responsible for the death and suffering of many people. There is nothing we have ever done that God will not forgive. Forgiving self is the problem. Because of the silent vow in a past life experience, many lifetimes later, we are still holding ourselves back from positions of leadership because we feel undeserving and don't trust ourselves. We are afraid of our power and don't really know why. There is a fear and sense of dread when contemplating leadership or stepping out and especially expressing our spiritual abilities. Yes, we've studied and learned spiritual things but when it comes to getting out there and teaching or speaking with any kind of spiritual authority, we procrastinate, avoid and can't seem to get motivated. We don't consciously remember our vow to never abuse our power again. However, we are influenced by it. The fear of our own power is hidden but we still experience it on an intuitive level. It is as if something deep inside us tells us we are undeserving. Sometimes these fears are conscious but most times they are unconscious. They seem to leak like a poisonous gas and cripple us when something important or wonderful is about to happen. We invariably sabotage the good that we do.

We reason that the negative feelings we intuitively sense about self must be true or we wouldn't have them. It never occurs to us that these negative perceptions and feelings are faulty and the result of our own self-condemnation and inability to forgive ourselves. These strong and negative perceptions of self-form the gloomy dark clouds that cover the Sun in our life. They form the heavy armor and shields we have placed over our heart and store in the hidden memory bank of our mind. These are the hidden thought demons that convince us we are incapable of caring and being Enlightened and that there is really only emptiness and nothingness within our heart. The good that we have felt in our heart is only wishful imagination. If you can relate with any of the above or know someone that experiences these feelings, you know how powerful these dark feelings can be. And, no wonder. The Trickster is the most powerful and deceptive Shadow Teacher www.delphiu.com Healing Arts Journal August 2012 5 of all. The Trickster is the great Deceiver and the leader of all other Shadow forces of resistance. The mission of The Trickster is keep you grounded in ordinary consciousness. The Trickster is a master of darkness and is able to deceive us easily because of all the errors in judgment we have made since our ego first began its arduous journey to find self-identity. Trickster has seduced us in the past through our insecure self and its need for power. We have all been seduced through our greed, lust, promise of recognition or wealth before. Trickster dangles a golden nugget in our face and convinces us that this will make us powerful and successful. He scoffs at any of our attempts of spiritual enlightenment and convinces us our caring and loving nature is only a temporary mood. He laughs and whispers through our thoughts that, of course, we can be good for a short period, but, we can be just as bad the next moment. He laughs and whispers through our thoughts that there is nothing greater than good and bad.

There is no such thing as unconditional love and God. The trickster is constantly energized through our negative attachments and our insecure ego and whispers: 'You are not a child of Light. You ate the forbidden fruit and now you belong to me.' He attempts to deceive us the most often when we are attempting to stretch and ascend to the higher dimensions of mind and Being. Our loving "I" and Spiritual Warrior are able to find any heart dungeon we may have, if there is one and release all faulty perceptions and deceptions to the Light as a gift to God. Self-Enlightenment is transcending the forces of duality through direct experience with dimensions of pure Light. Through direct experience with the Light, we know that God is our source and our mission is God Realization. Until we have gained spiritual awareness and strength and discovered our inner senses we are not able to see beyond the good and evil we see in our world daily. We aren't able to experience a kinship with all life and relate with the saying. We are many, we are one. We are heavily sedated and influenced by the seductions of The Trickster.

Awakening our heart and shining our healing light within our heart to see if we have a heart dungeon with an old and weathered chest filled with faulty perceptions and illusions is a mission for our Loving "I" and Spiritual Warrior. They have the spiritual power to open the chest and release the contents and chest to the light. They have the power to remove any armor or shields covering our heart and veils of mist that are covering our spiritual vision and separating us from the loving, compassionate beings that we truly are. Our love is the primal force of all that is good.

"As we think in our heart, so we are"

