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HOME

ABOUT US

CONTACT US

JOIN OUR E-MAIL LIST

OUR LINKS

SITE MAP

SEARCH SITE

> MA'AT MAGAZINES > April, 2009 > Experiencing the Heart Chakra

Experiencing the Heart Chakra

By Julia Griffin

The last article spoke about the significance of the heart chakra in the development of one's spiritual journey. The importance of the heart is so substantial that I had to write more. In this article, I speak of my own experiences in the hope that they are useful or inspirational to others.

It is through my connection with the One that I experience the "All" or the energies of the world at large. We are not separate from the feelings or thoughts of other people; even the departed emanate waves of energy. Animals, plants and trees speak hourly in a soft language of holograms and sound. There is also a "field" of overlying energy that surrounds everything and everyone, individually and as a whole. It feels as though the field has been "rippled" when there is a disturbance in it, either individually or in the encompassing of a large area. All of these energies are consistently apparent to me.



Because I am accustomed to these experiences — to feeling and seeing that which is invisible to others — I accept this as my life. I expect to hear the soft voices of my plants as they are watered, the voices of people, animals or trees, and, even muted voice of the Blue Ridge Mountains that lie in the distance. I suspect that this is the language of the heart, a language that we are all wired internally to see and hear but have forgotten through time. It is this language of the heart that I hope to share through my article.

The opening of the heart chakra is considered to be one of the initiatory milestones on the journey of the soul. When my heart chakra opened, I was amazed at the outpouring of love that I felt. My heart opened, and it felt as if a floodgate had opened. My love poured out into the earth and the universe. The Universe answered with an absolute downpour of love. It felt as though every particle in my being was in a flood of rain, only it was not rain, it was love. I remember thinking, "How could there be so much love in the Universe?"

This love seemed to actually be a fiber or a substance that I could see in every living thing and every living being, both animate and inanimate. This fabric was in everything. Everything was connected by this one substance that alchemy refers to as "first matter". The identification of "First Matter" is the understanding that everything is connected by a fiber-like energy that IS love, that is light. The *Emerald Tablets* say; "All things are from one, by the mediation of one...and all things have their birth from this one thing by adaptation."

The hidden connection between everyone and every "thing" became obvious through observation and practice. I could see heart chakras, and my gifts came very quickly. I learned to hear the voices of plants, animals and the inner voices of other people. The language of plants and animals was pure; it was the voice of the heart. The inner language of people was thick, garbled and often negative. I had to learn to whether or not I should listen, and I had to learn detachment about negativity.

I experienced such overwhelming Universal love during this time. It seemed that if I loved

Table of Contents

Ma'at Magazines

Ma'at Shop

News Archives

everything and everyone that my life would "work", but I was only beginning to glimpse my own "true self", the mediating self that is found through spiritual reflection and the development of one's character.

I learned that it was not passively loving all that was the answer, but loving the fiber of "all" in myself that was a great deal of the answer. As I learned to love the molecules in me, my understanding of our spiritual connection grew. The answers came in flashes as I learned to listen to my heart and to align with the energy of the One or the All.

I also felt incredible pain in the areas of my life that were not aligned with my inner self. The bliss of my connection with my heart and the divine was disturbed by the turbulence of my day to day life. The duality of my life was overwhelming painful, but the pain encouraged devotion to my studies. It lessened when I changed an aspect of my life to reflect my true self. Deep meditation brought profound emotional relief.

In the study of hermetics, the true self is depicted by an angel with an upward triangle in the area of the heart. The upward triangle signifies the "spiritual fire" that fills the heart of the aspirant. This angel is said to dwell in the heart of every person, slowly revealing one's true nature through spiritual study and reflection.

As our spiritual strength develops, our intuition often comes in flashes, with glimpses of our true desires which are aligned with the soul. Love has many faces in metaphysics and alchemy. As we learn to truly love ourselves, the desire for approval, which is stimulated by the ego, begins to fall away. We learn that severity, mercy, passion, communication and other qualities are all different heart energies on the path of the soul. Each is utilized in a different manner, time and method.

A balance of duality is eventually found through this mediation of weighing the desires of the true self and the ego in the heart chakra. Through recognition of the heart's desires, we learn detachment and self-observation about the duality of "reality" or illusion. We come to the understanding that reality is the fabric of our dreaming, a mirror-like reflection of our beliefs, thoughts, emotions and sensations.

We begin to understand that each side of duality represents part of the whole, that each is an integral part of the other. It is then that we discover the secret space behind heart — the resolution of duality within ourselves. The invisible becomes visible as we become more intuitive, if not to our physical eyes, then certainly to our internal vision. As we act on the impulse of the heart for joy and freedom, we gain alignment with the great Universal Mind of the All. We become aware that we are loved mightily in the the fiber of the net of life that is presence of the One in the All.

To purchase Julia's Manifesting Meditation, please visit her website:

www.ancient-echo.com



Julia Griffin is an intuitive healer who has successfully transformed the lives of thousands of people through her manifestation and meditative techniques. She teaches these techniques in her group classes, one-on-one sessions, and e-courses. Julia has been a contributing writer for Spirit of Maat. She has a deep understanding of energetics based on extensive studies. She is an alchemist, astrologer, herbalist and Reiki master. She has the ability to communicate with plants and animals. She lived with wolves for nine years, while developing her intuitive abilities.

She recently launched the Julia Mystery School e-course; these workshops embody advanced teachings for those who want to deepen their understanding of how we create our personal "reality". Julia offers a free monthly newsletter that includes manifestation, meditation and energetic

techniques, the One True Self newsletter at www.onetrueself.com

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