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## Thoughts about the Heart Space

By Julia Griffin

*Many readers requested more information on opening the heart space. In this vein, I hope that these exercises and thoughts will lend insight.*

Love is simple. It is about loving the fiber that is in everyone and everything. When we step into this Oneness, we connect with this fiber. It is not about "being loved". This energy is all encompassing. It is simple, never manipulative or clever. Integrity in character is a natural outcome, not a desired outcome of this state.



We become aware of our future angelic self, which is an impossibly (but possible) beautiful future that is a flow between the present and perceived. Like strands of rainbow light, when we learn to tap into our heart space for guidance, the light guides us, illuminating our momentarily actions with insight.

As we learn to focus on the freedom that is a result of the nature of the true self, our patterns are washed away by the emotional substance of love. This love is found in the space of the heart; it is not without in the world, it is within. But through time, we perceive it without. We see it in the movement of the clouds, the voice of a child, the rustling of the green leaves of a tree.

Joy and love are created in the moment. Momentary pleasures, which are pure and childlike in their nature, increase daily. As the desire to experience "more" increases, the light of the Universe, which is shared as our birthright, increases. This feeling of being supported by the light is so encompassing that we bend, change, turn and finally flow into the light of Oneness. Then, we are part of the All.

### Finding Joy

Take a few minutes to observe your breath. Let the breath flow in and out of the heart chakra, the area of a large circle between the rib cage and throat chakra. As the breath flows in and out, see if you can allow it to flow and out of the same area in the back and front of your chest simultaneously.

Your heart chakra should feel open and full of air. Take a few more breaths if needed. Imagine that a great light floods into your heart area. Feel the light.

Ask for your happiest memories, the most beautiful times of your life. This could be the color of a sky, a tiny flower, the feeling of a child's hand or a simple delightful moment. Happiness is a moment.

Feel these memories. Let the feelings pour through your being as you focus on one or more of these moments. You are happy. This is the joyful awakening of your heart.

You can practice this exercise often. It is useful in awakening the memories that are stored in your heart. With practice, you will become the joy that is in your memories. You can project this joy into

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the future or into the space where you stand. You will know when it works because everyone and everything will change instantaneously. This is the power of the heart space!

### Why Problems?

Movement into this pattern or network of light generally takes time, even though it is sudden and complete for a few. Inner and outer work is achieved through an honest look at mental, emotional and physical patterns that cause pain. Our problems are created by belief patterns that cause separation from the light. Human nature dictates that we desire resolution or relief from pain, which can mean listening to the ego or the soul. If we decide to listen to the voice of the soul, then we move into the matrix of the true self.

We listen for inner advice that is applicable to the moment. Ultimately, our problems exist as doorways to universal knowledge or truth so that we move more deeply into union with our true self and learn to see ourselves as creators, not victims. By casting light on our problems, we find the jewels of the soul that are hidden in the darkness. We learn from our problems by tuning into our inner light for illumination. The wisdom of the heart is found in meditation, which is a dialog or merging of the soul and the ego. This merging leads to the creation of the true self, the experience of a physical life that is based on inner knowing.

#### The Super-Consciousness

The Quantum or the Akashic Field is the place of the super-consciousness. For those who have experienced the field, it is the waking ground of miracles. Amazing concepts, which are based on inner knowing and tempered by kindness, love, and cooperation, flow from this sphere.

The Field is a place of expansion where the wisdom of heart and the universe meet for translation. It is a reception of truth that is called "knowing in one's heart". Much of alchemy is written so that it cannot be deciphered without shifting up into the super-consciousness or into a state of receptivity with the Quantum Field.

#### Here is an example:

Imagine that you are driving a powerful car at 70 miles per hour on a highway, and there is a sharp curve about 1/2 mile in the distance. A car pulls in front of you at about 30 miles per hour. You can shift into overdrive and pass the car quickly, or you can downshift and stay behind the car. If you stay behind the car until you pass the curve, you will feel the driver directly in front of you. You will slow down. If you shift into overdrive, you can pass the car and continue quickly around the curve into open highway.

This is the difference between shifting down into mass consciousness and shifting up into super-consciousness. If you shift upward, then your consciousness expands. (Both dualities are viable. It's simply your choice.) High frequency vibrations, which are created through meditation, light, and simple acts of love, can expand your ability to create with The Field.

### Using Vibration

Vibration is the universal gift or tool for moving to our next level in the light. Vibration is sound, light and color. When we send light, color or sound to any area of our lives, we are essentially sending high frequency energy to a low frequency in our field.

#### Here is a simple exercise that uses light, color and sound for healing.

- 1) Imagine your problem in detail. Feel the problem, notice and feel the emotions and thoughts.
- 2) See the problem as separate from you. See it as energy, not as a form.
- 3) Send pink light (love) to the problem until it dissolves or changes forms.
- 4) Imagine that you have the solution to the problem. How would you feel? What would you think? (It isn't necessary to know the solution.)
- 5) Try thinking: "This is so cool! I have the solution!" Try to live your life as though the problem is resolved. Remind yourself that you have the answer.
- 6) During the day, listen for the thoughts that you experienced in #2. Notice the feelings. Return the feeling and thoughts of the solution. Notice the difference in your body and emotions when imagining the solution. Send pink light to the "idea" of the solution.
- 7) Listen to inspirational or classical music for at least 7 minutes after practicing this exercise.

**Explanation:**

- Everything is energy. Seeing a problem as energy is more creative than seeing it as a fixed feeling or pattern. If a problem is energy, then it follows that it can be rearranged with higher frequency energy or a higher vibration. Love and light are vibrations.
- In the Bardon study of the Kabala, the color pink is defined as the understanding of how the love vibration influences the law of evolution toward perfection. Love is the highest vibration in our Universe. Beaming love at the part of the self that creates the problem is powerful, as is beaming love at your projected future. It may also clear the amygdala, the part of the brain that regulates emotion and emotional behavior that is related to fear.
- If the law of attraction is real, then we should imagine that we have the answer. It's easier and more fun to imagine having the solution than it is to imagine that we don't. It's all a matter of choice.
- Quantum physics states that photons change their pattern when an observer is present. The observer state, which is invoked when observing thoughts and emotions, can only occur through the true self. Who do we think is observing, after all?
- Notice the merging of the problem and the solution, the passive action of the intermingling of the ego and soul. The solution will often be quite different from your ideas, but the "feeling" will be there. Practice the "joy exercise" to develop receptivity and openness for positive outcome.

This material is paraphrased from the work of Franz Bardon. Information on the divine virtues and the letters is referenced from *The Key to the True Quaballah*, ISBN 3-921338-12-4, published by Dieter Rugeberg, Wuppertal/W, Germany.

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

[www.ancient-echo.com](http://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,

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