

THE MIRACULOUS HEART¹

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ABSTRACT

Throughout the Ages, poets and mystics have extolled the qualities of the heart, captivated by its expression of love and joy. Now we know that the physiological functions of the heart are intimately linked to our spiritual transformation. It is through the pulse of our intuition that we navigate our soul's path, the rhythm of relationship that we learn love and the continual flow between spirit and matter that we remember our eternal nature. When any of these phases are blocked, we experience physical and emotional disease letting us know that we have become disconnected from our Truth. Fortunately, each heart cell remembers and is independently programmed to resonate with a far greater Source of unity and well-being, found at the depth of the Galactic Centre, the heart of the Great Mother.

KEYWORDS: Miraculous Heart, Galactic Center, Great Mother, transformer, torus

What a pleasure it is to be given the opportunity to share my thoughts and heart with you today.

INTRODUCTORY MEDITATION

If you would please close your eyes for a moment. Take a few deep breaths, settling yourselves into this room. Let the mind chatter quiet for a while. Move your awareness to your heart and find the peace that resides there. Now, bring into your heart's mind one memory which brings you joy. Let that feeling of joy fill your heart at this moment. Understand that every human being on this planet knows the same feeling of joy whatever their memory. In this collective moment let us send these heartfelt feelings out into the world so that all will remember. Thank you. Please bring your awareness fully back into this room.

When asked in the midst of the intense organization required to run a conference; "*What is the title of your presidential address?*" I intuitively answered; "*The Miraculous Heart.*" Now I see the subject matter is perfect, especially as the heart's mystical qualities have already been mentioned several times by other speakers. A wise kahuna once said to me; "*When you begin to focus your will through your heart, then you will truly know the power that lives within you.*" That comment made me realize that we probably know far more scientifically about the mind than we do about the heart, especially when many consider the heart to be just a physical pump.

So to begin our exploration, it is important to know that the heart's

electromagnetic field is 50 times more powerful than the brain. What are the implications of such a statement? This means that the energy radiating from your heart can be measured (and subtly felt) up to 15 feet away from the source, with the most intense energy present within the first 3 feet. Look around you and see the people who are being touched by your heart's energy and recognize that love is a group energy which can't be limited; it is contagious. This reminds me of a story told by Mietek Wirkus concerning a particular research project. He was assigned to send healing love to specific cells. But since love cannot be limited, all the cells in this particular refrigerator were radiated with healing energy which greatly upset the other research scientists!

From my days on hospital wards, I remember that it was often the person who sold the magazines or arranged the flowers for the patients whose healing power was more beneficial, as they could connect at a level which did not include "bad news or pain." In my experience, I've found many people whose hearts radiate love have had little "spiritual training" but will tell you that they just enjoy life.

So let's expand this subject and talk about the three primary functions of the heart.

1. The electrical pathways of the heart.

This includes the pacemaker and the atrioventricular bundle whose functions are to maintain the rhythm of the heart while also ensuring that the atria and ventricles beat in harmony. If the electrical function is disturbed we may experience atrial fibrilla-

tion or even the commonly fatal, ventricular fibrillation.

When we transpose this function into a more esoteric perspective, we see that the physical pulse is not only connected to the rhythm of the heart but also the rhythm of the soul. I would further relate this electrical impulse to excitation and innovation and ask; “*What excites you? What brings you joy?*” I remember someone saying that if you are not excited by what you’re doing in life then something needs to change.

Fortunately, there are wonderful examples of such joy in our world seen in the playful nature of children, the spinning of dolphins and in the magical flight of a hummingbird. Such joy is unconditional and present in the moment. That being said, it is important to differentiate between a joy or excitement which is immediate and unattached to the result and that which is addictive where the excitement is based on an external source, such as work or an individual.

At the same time, it is valuable to see that if on waking, your heart doesn’t embrace the day ahead then the purpose behind your actions needs to be examined. For example, if duty is the prime motivating factor then we need to ask whether this is the energy we wish to bring to the world. I suggest we never act from duty alone. Can you imagine what it feels like to be the recipient of that duty? If we can’t act from love then it is better to be honest.

When I feel excited about a project or

encounter, then energetically I am being told that these experiences have already taken place on another plane of existence. If the excitement doesn’t exist, don’t do it. Esoterically, another way to describe such a sensation of excitation is *intuition*, an inner knowing of rightness. I will return to this subject later.

2. The nurturing qualities of the coronary blood vessels. The muscles of the heart are supplied with nutrients such as oxygen via the coronary blood vessels which are located on the outside surface of the heart. The nurturing takes place during the relaxation phase of the heart, diastole and not during its contractive or active phase, known as systole. These facts may help us to understand why disease of these blood vessels is so prevalent for, in our hectic 24/7 world, little attention is given to relaxation, with all the emphasis on achievement and control.

Metaphysically, this second quality of the heart reflects the attributes of *relationship, compassion and the ability to nurture ourselves.*

3. The flow of blood through the heart. It is only in recent times that medical research has turned its attention to the dynamic flow patterns of blood through the chambers of the heart and in particular the ventricles. We now know that it is because of these flow patterns that the heart radiates such a strong electromagnetic field and not merely due to the electrical impulses. The nature of the flow is also designed to transport oxygen and other gases from the

lungs to feed the cells of the body and then return spent gases from the cells back to the lungs.

Esoterically, I see this process as representing *creativity and transformation*.

Each of these qualities of the heart can become dysfunctional.

1. Irregular rhythms. If the heart is the source of the rhythm of the soul, then diseases of rhythm throughout the body suggest a disassociation from the soul's impulse. These include dysrhythmias of sleep patterns, concentration, the endocrine and digestive systems and menstrual cycles, most of which appear in the illness called *fibromyalgia* or *chronic fatigue syndrome*.

The body is giving notice that we need to dance to the pulse of our soul.

2. Nurturance. For those who understand traditional Chinese medicine, you will know that the heart relates with the small intestine and our ability to absorb joy and those things which nurture our soul. On many occasions I find such a concept is alien to our choices, where we prefer to follow the advice of others rather than listen to the deeper impulses of our soul. Malabsorption, Coeliacs disease and allergies all relate to starvation of the soul.

Developing a strong sense of "I" with healthy boundaries is very important.

3. Creativity and Transformation. It is through the heart that we're taken to new and expanded levels of consciousness as we

embody our spiritual blueprint. This occurs when we are willing to release our hold on our stories to extract the wisdom held within. When this process is blocked through attachment or ignorance, we feel *depressed* or *dis-spirited* and unable to appreciate that something needs to die to set us free.

Often we will feel confused or disorientated which is disturbing for the personality but brings delight to the soul, for now our little self has released its hold on our destiny, allowing the soul to take control. All too often we try to attract into our life new experiences and yet the source of our desires comes from a limited place of our personality.

Having the courage to throw the fishing line of opportunity into the unknown waters of the soul is the only way of attracting a life of abundance and divine riches.

THE GREAT TRIPLE GODDESS

The qualities of the heart described above all relate to the feminine side of our nature and can be aligned to the qualities of the Triple Goddess.

1. The Virgin: represents our innovative, outgoing, creative self. She holds in her arms our spiritual blueprint, determined that we will follow its rhythm and navigating our choices through the intuition. She is our cheer leader, holding a lighted beacon (our energetic blueprint)

high so that we may follow.

2. The Mother: represents the Ocean of opportunities, nurtures our dreams and maintains a healthy relationship between the inner and outer worlds.

3. The Crone: like the Virgin, she also knows our spiritual destiny and will destroy anything which stands in the way of reaching it. She frequently draws us into her cauldron of transformation so that we can see what is true and burn away that which prevents us from feeding ourselves with the light of consciousness and hence from becoming enlightened. The crone is present in men and women alike and is not dependent on us reaching a certain age, for many children embody great wisdom which is a crone-like feature.

The most dramatic entry of the Crone into our lives is known as *a dark night of the soul*, which often emerges out of the blue and commonly leads to confusion, depression and anxiety. Even though we may recognize this as a conscious choice to descend into the unknown, these are some of the most powerful times in our lives driven by the love of our soul to know itself in its fullness.

THE HERO'S JOURNEY

Supported and nurtured by the Great Goddess is the story of the hero's journey which represents our masculine face. He begins as the innocent boy child or *puer* who is destined to become king. This is achieved through the trials and challenges which the hero has to overcome before he can say he has brought the spiritual blueprint into manifestation and receive the

crown. In many cultures this rise, from boy child through hero to king, is the only chapter of the creation myth told, with great accolades being given to any hero who succeeds in the face of adversity. Yet, this is only part of the story, for to complete the cycle, the king must die in order to release gems of wisdom (his seed) from his experiences and hence impregnate the Great Goddess and allow the cycle to begin again.

This death and rebirth cycle is expressed in many mythological and traditional stories including that of the birth and death of Jesus Christ. It is indeed interesting to note that this conference began on the Summer solstice which represents the king's crowning and the beginning of the dying process which culminates just prior to the winter solstice. On that day, the Great Mother gives birth to the new sun/son and a new journey/year begins.

THE VIRGIN

The meaning behind this archetypal energy reads:

To be complete unto oneself without the need of another to make one whole.

What a powerful lady this is, reminding us daily that our spiritual journey is unique and already complete as an essential, holographic blueprint. Often known as the *Higher Self* or *Guardian Angel*, she entreats us to download the program, embody its design and extract the wisdom or light of experience. An analogy would be to imagine the lid of a jigsaw as the essential

blueprint and the exercise of fitting the pieces of the jigsaw together as the journey of the hero.

As you know, such a process is not always as easy as it sounds, especially when we are determined to fit the horse's nose into an image which represents the corner of a house!

To help us on our way, the archetypal energy of the Virgin is found within us all, exemplified by the goddess *Athena* who embodies intuitive wisdom. Some may have heard this name from Greek mythology and yet her origins stretch far beyond the past 3000 years, when she was known as *Pallas Athena*. In Sumerian literature she (our intuition) is seen to emerge from the waters of the Great Mother. These waters represent the *Ocean of possibilities, unrealized potential* or the *void*.

With the advent of patriarchy (the rise of the Greek culture), Athena knew that the intuitive quality of the feminine (found within men and women) would not survive unless it was somehow connected to the mind and intellect. Thus we learn that her pregnant mother, *Metis*, is swallowed by her father *Zeus* (who is paranoid about being usurped by his offspring). After giving him a severe headache, the top of Zeus' head is cut off and Athena emerges from her father's head, fully armored covering her sensitive body and representing wisdom of the mind.

Many of you will recognize this archetypal energy, having achieved much in the worlds of academia at the cost of never revealing

your heart-felt sensations or intuition. It is time for Athena to remove her armor and listen to the wisdom of the heart. Only then can we remember that each of us is unique, shining forth a specific energetic blueprint which needs to be manifest into the world today. Unlike many social or cultural messages, the Virgin reminds us: "*You are already complete unto yourself without the need for another to make you whole.*"

Without this intuitive awareness, we tend to follow the path or guidance of others until we realize that they are also lost! Things would be different if, at our birth, we were greeted as a unique Divine child, with the only task of the parents to nurture and support the unfolding of that precious bud. Instead, a child is often met with redundant beliefs, outdated rules and the task of living out the unfulfilled dreams of its parents. I see the young children of today tearing up those rules and in response they are labeled ADHD or hyperactive. They have learning differences not difficulties; they are our teachers not the enemy.

How did we ever forget the plan? How did we ever become disconnected from the Virgin and our intuitive knowing? Many of the young children of today, especially the Crystal Children, are connected to their spiritual blueprint from day 1 with a strong sense of where they have come from and why they are here. They are not requiring parenting in the present style but have come to help us remember who we are!

We are first and foremost, powerful creative beings expressed in the word *hu-man; hu*

meaning *creative*. We are also immortal which means we have the ability to move between the dimensions, bringing Heaven onto Earth and dissolving Earth back to Heaven. The Virgin is constantly with us reminding us of our Divine nature and subtly, or not so subtly saying; “*Where are you going?*”

LAW OF ATTRACTION

There is much talk recently about the Cosmic Laws and in particular, the Law of Attraction. Let me make it clear that, due to the vibratory nature of your spiritual blueprint, you have always been attracting into your life situations and people who resonate with your blueprint so that you can know yourself fully. *If you have any emotional reaction to a situation or person, then you have attracted into your life a part of you which is resonating with your blueprint.* If there is no emotional reaction, this is not part of your blueprint awaiting manifestation. Since we are not told this, there is a tendency to prefer to identify with those people who we admire rather than those who cause us friction. Like it or not, they are all reflections of ourselves!

If we attempt to avoid the mirrored part which is demanding attention, we will only attract it in greater force and numbers until we pay attention and accept it into our heart. There are also prime examples of attraction which include your family, with whom you made a contract before incarnation. Those members who irritate and annoy are your greatest teachers and probably love you the most!

THE GREAT YEAR AND 2012

According to all ancient traditions and in particular, the Maya, this life is offering a special bonus. Now we are attracting into our experiences not only one life's dreams, but all of our creative endeavors from the past 26,000 years which amount to many, many lifetimes. This means that according to the Maya, as we complete the world of the 4th Sun and start the 5th world, we are all completing old karma, even starting things which were left incomplete in other lives. This is a time to do things differently, to live out those dreams which were abandoned due to fear, to take the risk to love, to have the courage to fail.

Remember why you are here; live in the Now and listen to the Intuition.

Many souls wanted to be on this planet during this great shift which is why we have global over-population. We would have to wait another 26,000 years to have the same opportunity for soul transformation. This fact should fill you with great excitement although I have met many who have been planning their escape from planet Earth almost from the day they arrived.

This window of opportunity offering extraordinary shifts in consciousness began in the late 1980's and will continue until the early 2020's. This 36 year period is calculated from the time it takes for the sun to pass over the opening of the Galactic Center, knowing that the two are the most

closely aligned that they've been for the past 26,000 years. It is as if, here on Earth, we are staring into the eyes of God or the Great Mother's abundance and opportunity. All we need to do is merge our heart with the heart of the Great Mother, found at the Galactic Center, and we will experience the Oneness of all Creation.

In Hebrew tradition is advised that the name of God should not be spoken. Many consider that the reason for this recommendation is that the name is sacred which is certainly true. But more importantly, it is understood that the Source is unlimited in its potentiality and only becomes limited when we focus our attention upon it by giving it a name.

This teaching emphasizes the importance of not thinking small or limiting the Soul with fear driven intentions. It is also not wise to focus on desires or dreams which are already known as we have no idea of the unlimited possibilities which are waiting outside our conscious awareness; only our intuition knows the truth. You only have to ask yourself whether you would have attended this conference 5 or even 2 years ago and whether your attendance was based on a fully conscious and intellect choice or on a hunch or instinct that this would somehow nurture your soul?

My advice? Set the intention: *To live fully my soul's blueprint* and then get out of the way.

Many years ago, during meditation, I met one of my inner teachers in a

desert. He was finishing a very intricate mandala that he had been working on. Then all of a sudden, he raised his hand and wiped away the pattern until the sand was once again virgin. He looked at me and said; "*Remember everything is impermanent including the holographic reality that exists upon the world today. We are no longer evolving but dissolving and like my mandala will be wiped away. When this happens, 40% of the people will fall asleep, unable to sustain reality, 40% will recreate what was swept away, 15% will become confused and 5% will get it.*" He continued: "*Remember that within you is a part which will fall asleep, a part which will recreate, a part which will become confused and a part which will get it.*"

The dissolving is happening now; can you surrender your will and let your heart guide you to the fullness of your potential?

THE HEART BEAT

I don't know if you remember a day at school during a biology experiment, when you saw that a heart cell (of a frog) could beat independently of any other cell and certainly independently of the brain. What makes this happen? I believe that each cardiac cell has an inherent rhythm which connects through non-local reality to every other heart whether in another person, the sun, the galaxy or the Universe.

Our hearts don't beat in harmony to our smallness but to our greatness.

It is our failure to follow this inherent rhythm and to be in tune with what we love or brings

us joy that causes us to feel disharmony of body or mind. Commonly, we experience warning signs of this arrhythmia such as feelings of frustration, depression, tiredness, lack of enthusiasm and burn out, which may manifest later as dis-ease. Indeed I see 60% of illness as a wake up call from the soul.

INTUITION

So what is intuition? It links us to our imagination which in alchemical terms is known as the One Thing and relates to the Soul. Many people ask me; “*How do I know if it is my intuition or my imagination?*” I would answer that they are the same at their core but the first seeks realization into form while the latter will remain in the Ocean of Possibilities. Only through effort will we come to see whether our dreams can reach fruition and on many occasions we may be surprised by the result at the cost of letting go of our perceived goal.

Intuition asks us to step on to the path and release our need to control the result.

The inner voice of the Virgin may appear as a whisper or a mighty shout. Its messengers may be the body, as in an illness, a friend's advice, a bird tapping noisily on a window or a book which appears to fall off a shelf in front of you. The purpose of the intuition is to bring you back into harmony with the rhythm of your soul, the frequency of your spiritual blueprint. Yet, the soul is always up against the relatively stubborn personality which can choose not to hear the messages although I have to say, the soul will eventually be heard one way or other!

The intuition is our eternal friend which

never leaves us despite our attempts to reject its advice. True, there will be times when we're unsure whether it is the voice of our Virgin or our mind playing tricks and then it is useful to ask: “*Am I acting from Love or Fear.*” If fear, then the action will probably cause us to move away from our soul's path, while love will connect us more deeply to our spiritual blueprint. I remember a time in my own life when I was between careers and a job opportunity came my way which would have taken me back into the old work setting. Just before I accepted the offer, I asked myself the question posed above and received a resounding answer; “Fear!” I didn't take the job and moved smoothly through that particular transition.

The next question to be asked is: “*Why don't we listen to the intuition?*” Common responses include fear of humiliation, fear of the unknown, fear of failure or success and fear of being out of control if its insights are followed. On many occasions, intuition asks us to hold our nose and jump, trusting that there will be a landing site even though we may not know where and when. This is certainly true when it comes to the decision I made to come to the USA six years ago. I was living in the UK then and grieving the recent death of my mother. A friend come up to me and asked if I was thinking of starting a clinic in London? Without a pause, I replied: “*No I'm going to America.*” As I spoke the words, I thought: *I'm going to America, what a surprise!* I arrived in 2000 without a job or place to stay and with everything packed up and stored in the UK. Of course, it

wasn't long before I knew why I was here and am delighted with my decision but so often, we are asked to move out into the unknown, creating the future path one step at a time.

Another response I receive to the question about why the intuition is not followed is that it was followed in the past but nothing extraordinary happened. This reminds me of a man who found himself in hospital with a broken leg. During the whole stay, he bemoaned the fact that he was losing money from not being able to work especially as his business was not flourishing and pestered the doctors to release him. Meanwhile, the man in the next bed was trying to get his attention convinced that he had an idea which would make the business more profitable. He was never heard, as the man with the broken leg could only focus on his misery and frustration and not on the opportunity being offered to him on a plate.

A similar scenario may even occur here at this conference (without the broken leg) where you're expecting to learn something from this extraordinary array of speakers when all the while it is the person you sit next to at a lunch who has the vital piece of information for the next step of your journey. *Intuition asks us to release our need to control our destiny and enjoy the ride.* It is useful to have some sense of the signs which may be experienced when the intuition is working optimally. These include:

- Goose bumps or tingling up and down the spine

- Happy butterflies in the stomach
- Sense of rightness, strength, surety, clarity & inner peace
- Warmth or tingling over the head, third eye or heart areas
- Ah-h-h! Of course! YES!

And when we don't follow it, we feel:

- A sinking feeling, exhaustion, cold and hot shivers
- An awareness: "*I've done it again!*"
- "*Get out of this FAST*"
- Uneasiness in the stomach
- Anxiety, depression, resentment, feel trapped
- The need to over-analyze and convince self; I'm doing the right thing!

This last sign of a non-functional intuition is very common, when we experience a heated discussion between the logical left and the intuitive right brains. For instance; you are offered the opportunity to partake in a project but your intuition is not behind the idea:

Left: Well, it is only for 6 months

Right: I don't want to do it

Left: It would look good on your CV

Right: I don't want to do it

Left: I think it is karmic

Right: I still don't want to do it

Eventually, you will hopefully have the courage to call the person and tell them that even though you cannot explain exactly the reason, you are going to withdraw your acceptance. My last piece of advice; don't lie to get out of the situation; that only buries you deeper. The truth wins through

and in retrospect you will gain clarity as to why your intuition was so persistent. Too many people tell me that they knew they shouldn't have entered the partnership/marriage/commitment even before it started but they didn't want to hurt someone by telling them the truth.

*The most loving gift we can give to someone
is to be authentic and honest;
in the long term there is far less pain
and certainly far less effort expended trying
to hide the secret*

Here are some hints which will help you follow and listen to your intuition:

- Develop a practice which enables you to still the mind and be present
- Find a way of being innocent, curious and without expectation of the result
- Occupy the left brain through a habitual activity e.g., ironing, shaving, walking and showering. Be aware of the insights which emerge during this time.
- Tap the feet; it annoys the left brain
- Ask a question by writing with your dominant hand and answer with the other hand
- Ask for help from the Universe such as: Show me clearly where I am blocking my progress.
- Ask for a clear answer to appear in your environment within 20 minutes
- Follow the 3 times rule; if you hear the same thing 3 times in a short period of time, follow its advice.

Hearing the Virgin's intuitive messages is one thing, following through is a whole

different matter. I remembered a lady who said to me: "Four years ago Jesus came to me with a pen and said write. What should I do?"

*Step forward and trust the rhythm
of your heart.*

THE MOTHER

It is through the Mother energy of the heart that we know relationship, nurturing and love. Traditional mythological examples include the great Egyptian goddess Isis and the Greek goddess Demeter, whose compassion for their loved ones caused them to undergo tremendous hardship and effort to be reunited. This powerful feminine energy was reflected in the creation of the Iroquois Constitution which was the basis of the American constitution. The Peacemaker, who was at the core of its writing, stated that only women would choose the leaders and not the men. The reasoning behind this decision was that he believed only women knew the pain of burying those they had suckled on the breast or who had lay beside them in bed and only women valued life beyond the battle, seeking to ensure the continuity of the family.

*What a different world this would be if
only women voted!*

CORONARY ARTERY DISEASE

If we return our attention to the nourishment of the heart muscles, the role of the Mother principle, we learn that this occurs via the coronary arteries during diastole

(relaxation) and not systole (contraction). If we correlate this to our lives, it is no wonder there is so much heart disease for in our busy 24/7 lives, little attention is given to rest and relaxation, our attention commonly focused on future projects.

So what are other factors which are known to contribute to heart disease?

1. Lack of joy

Did you know that the highest incidence of heart disease occurs between 8 and 9 am on a Monday morning? Why? Because the individual wakes on the first day of the work week and his heart feels weary. He sees ahead a life of “*shoulds, musts, ought to and can'ts*”; a life of rules, limitations and conditions. Can you feel your own heart contract when it is told that you can't relax because there is a mortgage to pay, a pension plan to consider and children to put through college? I used to remind my patients that none of this will matter when they are six foot under and that all their loved ones want is one more day with them alive. Twenty years ago, we rarely saw young people with heart disease, now they are dying from coronary artery disease in their late 20s. And what is most worrying is that women, who used to be protected until after the menopause, are being seen as often as men in the cardiac wards.

Our world has become more limiting not less, despite all the advantages of this modern day.

2. Community

Some interesting research was carried out looking at the way these independent cardiac

cells interact with each other. First, scientists took one cell which was in harmony and one which was sick and brought them together in their separate test-tubes. At a certain distance, the healthy cell entrained the unhealthy cell back into harmony through resonance. Then, more amazingly, two unhealthy cells were brought close together and almost immediately, both started to return to a healthy rhythmic state. This is the power of relationship.

As humans, we cannot survive without relationship. I used to hear the quote: “*I was born alone and will die alone.*” Well, that is interesting, for of all the babies I delivered were connected to someone via the umbilical cord! I also remember Joan Borysenko carrying out research on the mind/body characteristics of health. She found that there were only 3 things needed to maintain a state of wellbeing:

- A good relationship with yourself
- A good relationship with others
- A good relationship with the Source, God, the Creator

My clinical research re-enforced this statement when I found people who loved others and God but hated themselves or hated others and absolutely adored themselves!

Several years ago researchers carried out a study in the United States looking for the lowest incident of heart disease. They found it was in a small town in Pennsylvania and they thought this must be a highly religious group who did not smoke,

eat meat or drink alcohol. When they visited the area, they were surprised to meet a community of Italians who smoked, ate fatty foods and drank with pleasure. What kept them well? They all felt respected and loved, and through this there was a heart to their community.

In my mind, this is what is missing today in so many towns around the country, the heart is lost to the Malls and everybody looks to central government to tell them what to do. The emerging world demands that we recognize the importance of coming together whatever our creed, color, religion or gender and work to bring the heart back to our towns and cities.

As we move towards the world of the 5th sun, according to Mayan tradition, we learn that this world is represented by the element of ether which relates strongly to the principle of non-local reality. In this new world we are told, there will be a fusion of polarities where dark and light will be equally accepted. This is a very new concept for those who like to keep their relationships clean; *there are those I like and those I don't!* This is a world of unity and harmony; a world of Christ consciousness. It is a world where, like the heart cells, we are being asked to reach across and offer a hand to our neighbors, those in our family who challenge us and those parts of the Self which have become separated through shame and fear. It is a world where we realize that everybody is another part of us and when we see the divine spark within them, we see it in ourselves.

Namaste

3. Loneliness

In the studies by Dr. Dean Ornish, he found that one of the prognostic factors which led to heart disease was loneliness, recognizing you could be lonely in a crowd. He brought people together to talk, not superficially but from their hearts. As a gentleman once told me: *"I've spoken to you more in one hour than I've spoken to my wife in the past 25 years!"* Who hears your heart? Who knows you? Who do you speak to? What's in your heart that nobody has ever heard? It's time to share.

4. Stress

Stress is often cited as a cause of heart disease linked to high blood cholesterol. Well, let me advise you that 80% of your blood cholesterol is made **in response** to stress by the liver since it is the precursor for the production of the hormone cortisone in the adrenal glands. Only 20% comes from diet. Thus when you visit your doctor and they advise you that your cholesterol is raised and that your health is at risk, your body naturally reacts by creating more cholesterol! Some weeks later, after restricting your diet, worrying about the future and driving everybody else crazy, you return for a further reading only to find it is raised again, because your body has been working hard to deal with the stress of high cholesterol! Yes, certain drugs (with significant side effects) will act to lower the cholesterol produced, but this in the long run has been seen to reduce the ability for the individual to deal with stress, and an increase in suicide and rage.

I strongly advise everybody to partake of a

method of stress reduction which works for them which will not only decrease the need for the body to create cholesterol but will also increase the coronary blood flow to the heart.

5. Learning to give and take

On average, 72 times per minute the heart muscles relax and contract. Each of these stages takes approximately 0.4secs, the same time for each phase reminding us that both stages are equally important; outward and inward movement, the masculine and feminine.

If we transcribe these facts to a 24 hour period, it suggests that we should work for 12 hours and rest for 12 hours. In this example, work includes housework, driving children to various events, answering e-mails and even thinking! I am sure there are many in this audience who work even in their sleep, decreasing the rest period way below the 12 hour limit. A healthy heart needs balance and this requires us to be honest when it comes to asking the question: "*Why do I drive myself?*" Is it purely due to excitement and joy? Or have fear and shame taken over the driving seat?

What would you do if love was enough?

Nobody, on their death bed, has ever said to me that they wished they had worked more!

6. Having a Dog!

Finally, it has been found that having a dog helps to reduce the risk of having a heart attack. The unconditional lover, whose tail

only drops for a short time, before rebounding with joy. A dog will eat the food you shouldn't, take you for walks, listen to you without answering back and allow you to receive healing touch while you stroke it. Everybody should be written a prescription for the care of our canine friends.

THE CRONE

The last of the three faces of the Great Goddess is the crone or dark goddess, exemplified by the great goddess Kali, who had sex with her partner while eating his entrails; charming lady! She is also immortalized in figures such as Lilith and Mary Magdalene. The crone's role is to extract the gems of wisdom from our experiences or stories, for in truth, these gems are the gifts that we will eventually take back to the Great Mother to expand her ocean of possibilities. It is by entering her boiling cauldron of transformation that the king agrees to surrender his crown and begin the death process until only his seeds, gems of wisdom, remain. Because of the crone's connection with death, she is commonly seen as the destroyer and yet, her destructive nature is merely the means to clear the "meat from the bones," the archetype of the vulture, in order to bring forth the pure state of perfection refusing to let us be less than we are. Can you imagine that level of love?

As we approach the end of this 26,000 year circle we are all in the clutches of the crone, as she struggles with us to release our attachments to entrenched stories, old identities

and limiting beliefs. We are not our stories, although we are the brilliant creators of such stories. Now we need to be nourished by our creations, by extracting the gems and releasing the rest. To many this feels chaotic, painful and lacking in compassion, and yet you will never meet a more caring lady, for she sees beyond the masks and games and says; *“I see you in your perfect eternal state, which reflects the effervescent ocean of possibilities.”*

You may be interested to learn that all ancient traditions understood that to reach enlightenment, one needed to go into the underworld; often known as hell. But unlike a relatively modern understanding of this word, the name comes from the Nordic goddess *Hel*, who was the goddess of regeneration and not as some believe, of retribution. According to all mystics, hell is the only place that you can go through a purification process and matter be

transformed into the pure essence of the light of consciousness. Thus when someone tells you to *“go to hell,”* you can reply *“thank you and I hope you are lucky!”*

THE HEART’S FLOW

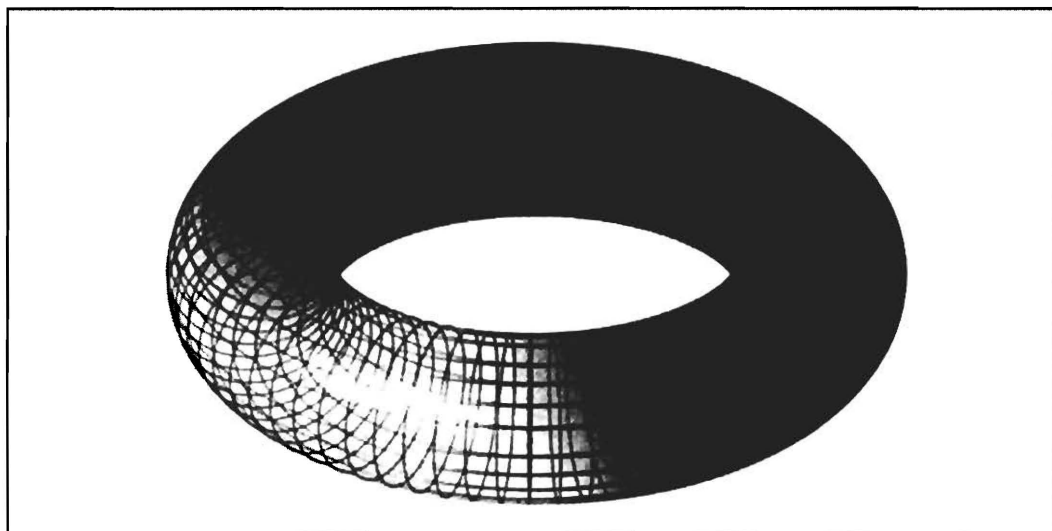
In the Emerald Tablet, the bible of alchemy, it states:

As Below so Above, as Above so Below

As an alchemist, our purpose is to take the higher frequency of essence and transform it into denser frequency of matter and then reverse the process, turning matter back into essence. Such essence is also known as light or consciousness and emerges from the Great Mother’s ocean and will eventually return there this essence. In summary, as immortal beings we are here to give form to the potential breath of the Great Mother (God) and then to feed the Great Mother with realized essence on the out-breath.

Where does this transformation take place?

Figure 1. Torus shape¹



Within the heart, symbolized by its capacity to move oxygen rich blood from the lungs into the body and then return the altered blood, with its waste materials, back to the lungs. The passage of this blood flow has been seen to create a shape called a torus or toroid.

This sacred shape is seen to be self-perpetuating due to the equal forces of attraction and repulsion, which keep it in motion. Metaphorically, this means as long as equal amounts of dark and light are brought into the heart, in the name of love, we create a perfect vehicle for our transformation between the dimensions. This is perhaps the hardest information to hear, for we are commonly told to “be good and nice” and find ways of separating from anything which is seen as unpleasant or socially unacceptable.

I am saying, if you are a spark of the Divine and a highly evolved spiritual being, why would you ever feel that there was a part of you which is unacceptable? At this time we are being to re-member all aspects of the Self and bring them home to the heart, even those parts of you which carry shame or fear. As you do this, the “form” is transformed into pure essence and your light body of consciousness expands. As this occurs, you are able to access far more of the Mother’s Ocean of possibilities and assist in creating the new world of the 5th sun in the image of harmony, unity and love.

Love is an inter-dimensional passageway outside the paradigm of time. We’ve all had the experience of such transportation when

we fell in love and felt time was elastic and even eternal. The future world of unity and love is timeless where all are accepted whatever their gender, color or creed. Welcome to the heart, welcome to the world of the Great Mother.

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REFERENCES & NOTES

1. This paper is based on Christine Page’s Presidential Address presented at the Seventeenth Annual ISSSEEM Conference, *The Science of the Miraculous* (June 21-27, 2007).

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