

ART OF LIMITLESS LIVING 002
INTUITION, TORSION FIELDS, AND HEART-CENTERED AWARENESS

Excerpts from
THE ART OF LIMITLESS LIVING
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The torsion fields of the heart resemble a doughnut comprising two counter-rotating fields, with the inner torsion field spinning in one direction and the outer torsion field spinning in the opposite direction.

Within these torsion fields, there is a vortex or a still point. Within the vortex, information as potential couples with both of the enfolding torsion fields. This creates a certain amount of inertia and momentum simultaneously, which helps the information pop through this vacuum as form, action, and experience.

Information (inform-in-action) as possibility creates experience directly from the field of the heart. When we access the field of the heart, we access pure potentiality prior to that potentiality expressing as form and experience.

One reason we drop down into the field of the heart is because it allows us to access a state of pure potentiality and neutrality; the Zero Point of infinite potential. From the field of the heart, we can access undifferentiated states of information and consciousness potential before that information separates into form and defines itself through action, perspective, and/or experience. - Pg 59

The heart-field is our connection to everything, including our intuition. The field of the heart is where our personal sense of individual self meets transpersonal awareness, in that we connect to something bigger than ourselves that is still somehow us. - Pg 60

Relax. As you relax, say or think the words 'heart-light'. Relaxing actually gets us in the field of the heart, because when we relax our physiology, we naturally return to coherence and a centering in our being....

You may choose to allow your heart-field to surround you as a clear, transparent sphere. I refer to this as a Love-Sphere. This Love-Sphere is an exterior construct representing heart-centered awareness and the counter-rotating torsion fields that intuit information.

It is your own personal reality bubble of love and your physical body is centered within it. This Love-Sphere can expand or constrict according to your preference. As a clear

bubble of unconditional love, the Love-Sphere can serve as your atmosphere for being in the heart-field and navigating through the world from a space of completion.- Pg 66

The Love-Sphere represents your individual consciousness and includes all thoughts, feelings, emotions, sensations, and experiences that have occurred for you throughout your life, bathed in resonant love. This is because the field of the heart is all-inclusive....

Awareness of being in our hearts, centered in our Love-Sphere, leads to a softening of self-consciousness. Our sense of being separate is replaced with the experience of connection to all that we notice and experience. We open to compassion for self and compassion for others. We open to our innate ability to create heart-prints, creating our own unique indelible signature, our own mark in the world. - Pg 67

As humans, when we leave our hearts (a sea of love and limitless potential), we may feel stressed, anxious, constricted, fragmented, disconnected, confused, or a variety of seemingly unpleasant notions and emotions.

Therein rests our opportunity to take notice and to take refuge by returning awareness to our heart space for sanctity and completion. The moment we notice we have left our hearts, we can invite our awareness home. It only takes a moment to notice we have left our hearts and then return. Simply notice, and in the noticing, choose to return. - Pg 68-69

Joy is our natural state, and unlike happiness, Joy is not dependent on external circumstances. We all experience Joy differently. To me, Joy is connection to our heart-fields, connection to our authenticity as integrity, and connection to something bigger than ourselves, which is still somehow us.

It only takes a single reference to catalyze our Joy from within. However you experience Joy for yourself, trust the experience. Joy is also trust. Trust that the heart of being In-Joy has already been activated. Now the question is: How will you choose to notice Joy as it occurs? How will you 'play' attention? - Pg 79

There are very few human beings who receive the truth, complete and staggering, by instant illumination. Most of them acquire it fragment by fragment, on a small scale, by successive developments, cellularly, like a laborious mosaic. - Anais Nin (Pg 81)

Heart-mind synthesis is utilizing the gift of the heart's intuition and the gift of the mind's logic together for a powerful synergy that provides for anything-is-possible living.

Infinite potential, intuition, and limitless love are all available through the field of the heart, offering access to a plethora of possibilities. More opportunities as options are available. We have more choices. Yet making decisions becomes progressively easier.

Heart-mind synthesis is the integration of heart-centered awareness, coupled with the intellect, providing for choice with discernment.

Choice with discernment means making choices aligned with our heart that reflect our personal integrity. We have more options, and we make better decisions.

When making coherent (unified/undivided/whole) choices from the heart that feel right and true for us, we can then make congruent choices that reflect integrity in action. Congruency means that our choices and actions are aligned with our heart-terms. - Pg 82

The intellectual mind, often referred to as left-brain logic, is somewhat incapable of creating new data of its own. The left brain is primarily capable of sorting data, primarily from encoded molds of the past.

[Gary's Note: Jonsson goes on to say in the next section, 'Whole-Brain Thinking', that the left brain-right brain dichotomy is more myth than fact.]

However, the intuitive nature of heart-centered awareness allows for us to create and receive information, not from molded past limitations, but from fresh, infinite potentials that are abundantly available in every moment.

The intuition available through heart-centered awareness provides for moving beyond our filters into effectively holo-framing our experiences from a space of completion. Holo-framing is seeing from a space of completion. Intuition allows for us to access the whole picture.

Intuition has been scientifically defined as 'the process of reaching accurate conclusions based on inadequate information.' Simply stated, intuition is the ability to trust our hearts without external evidence.

I define intuition as knowing without knowing how we know. Intuition is being fully in receivership of information independent of any reasoning process. Intuition is an inner guidance system that communicates through the interrelated, interconnected universe.

Intuition is often thought to be a function of the mind, and most specifically right-brain

awareness. What some consider to be the right-brain speaking is actually the language of the heart. The language of the heart is that of gestalts, or patterns. These patterns, noticed, felt, and perceived as intuitive hunches, are often correct determinations not based on logical, linear steps. - Pgs 87-88

Rather than segregating the brain, I prefer to consider the mind as a holonomic extension of heart-centered awareness, consciousness that is whole, and voluminous with potential. - Pg 89

Living from the field of the heart gives us direct access to our innate potential and also provides direct access to our emotional intelligence. Heart-centered awareness does not override emotions. Heart-centered awareness includes emotions and enables us to live fully in integrity as our True Authentic Self (TAS). - Pg 99

As an absolutely unique expression whose core essence never changes, our True Authentic Self is continually transforming, evolving, and letting go of what is no longer useful. Every moment is an opportunity to become more whole by recognizing we already are... whole. Complete. - Pg 100