

# BEING A WHOLE HUMAN

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## HEART OPENING

7/19/2020

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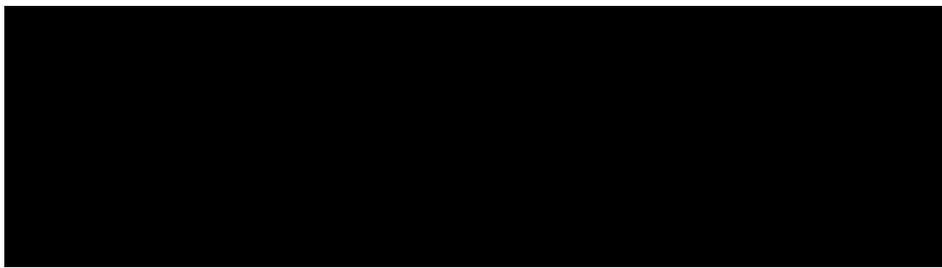
The imagery and consecrated feeling of going within the veil and entering the Holy of Holies within the heart, is touching and meaningful to me because of personal associations.

Still, I've realized that the metaphor could carry some issues of it's patriarchal and hierarchical historical origins, for some people.

The 'Heart Opening' meditation takes another step towards universality, while retaining all the potency and beauty of the earlier versions.

## ARCHIVES

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An invocation/prayer within this meditation includes:

*Let my mind be made still, to ever dwell in Thy presence.*

*May it yield in the knowing, that 'it is, what it is.'*

To prevent mis-interpretation, this is meant to calm the agitated mind, which allows the heart to open. The ego mind, which constricts the heart with anxiety, commenting, fear, judgment, guilt, regret and so on, lets go (and lies down metaphorically), in the field of consciousness. It is what it is. Nothing to fear, judge, or comment on.

The mind of the will, however, does not have to lie down, and can keep going strong. The meditator bows before the prayer is said, and yields, giving a choice of 'not my will, but Thine be done'.

Here, 'Thine' is the greater Self, the deep of consciousness, the Lord I am. The body does the doing while the ego-mind rests in Being.

The Slang Dictionary says the phrase 'it is what it is' means,

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'Deal with it. *It is what it is* characterizes a frustrating or challenging situation that a person believes cannot be changed and must just be accepted.'

Acceptance may be part of it, but as applied in the meditation that does not equate to inaction. I can accept that it is what it is, even in the midst of making changes. I have effectively used the phrase when my ego-mind started wanting something too strongly, and then witnessed the situation easing and my purpose fulfilling itself, without my stress.

The Slang Dictionary continues, 'For those expecting an actual solution rather than the non-solution of '*it is what it is*,' the phrase can be especially annoying. In fact, some people *really* dislike the term for its unhelpful vagueness...'

'Often times, according to critics of '*it is what it is*,' the phrase is used as an excuse by people who think the real solution is too difficult or time-consuming...'

However, when applied as intended in 'Heart Opening', the phrase calms the mind, so that actions can be more elegant, effective and effortless.

**'Heart Opening'**, by Emanate Presence.

Version 21.1

This meditation is designed to be learnable, so it can be practiced at the pace, and in the way, of the meditator.

When you are ready, move into a comfortable position,

with your eyes open or closed. Calm your mind, relax your body, and connect to yourself as pure, radiant, consciousness.

Visualize, with feeling, the Present Moment Sphere encompassing your body. Breathe Present Moment Light deeply into the sphere around your heart.

Exhale light energies, down your body, through the Bubbling Wells, through the center of the earth; then outward, encompassing the planet with a cloud of light.

Breathe Present Moment Light, back through the earth, then up both legs, and deeply into the sphere around your heart.

Exhale the Light from your heart sphere, out through your body, radiating the energies into your Present Moment Sphere.

Inhale Present Moment Light into your pineal gland, feeling it open the Eye of Ra, and focus on the energies of unconditional love, the Christos. Exhale from the Eye of Ra, radiating the Christos energies out, feeling the light penetrating the brain. Inhale deeply, pulling Christos energies through the Eye of Ra, down your energy column and into the sphere around your heart.

Enter that space, and bow within as you exhale. Breathe smoothly, and regularly. Feel deeply these words, and speak them, if you choose.

*O, deep of consciousness. The Lord, that I am.  
Let my mind be made still, to ever dwell in Thy  
presence.*

*May it yield in the knowing, that 'it is, what it is.'*

*Open my heart space, that I may be free.*

*Free to be one, with the source of all love.*

*Free to be one, with the source of all life.*

Place both hands on the area of your heart; and breathe the music of the spheres, deeply into the inner sphere, expanding it into your energy column; from the perineum, to the pineal gland.

Breathe the music of the spheres out slowly to your Present Moment Sphere, and smile with appreciation.

You may breathe smoothly and regularly, and relax your hands. Continue to breathe light energies between the sphere around your heart, and your Present Moment Sphere, for as long as you choose.

This meditation, is completed. May your days be blessed.

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