

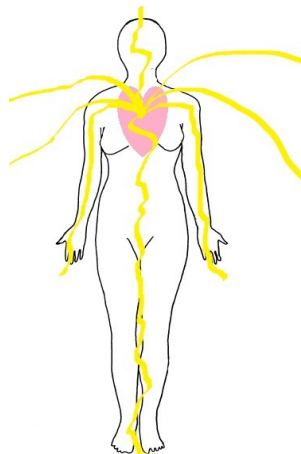
Path of Peace Training

Step 4

Heart Light

Proclaim the truth with love and wisdom.

Once you have practiced being grounded, centered and shielded it is time to focus open heart connections based on a peaceful flow of caring and a compassionate response to your own and other's heart challenges. When *Sensitive Intuitives*™ remember to support their heart's energy on the **Grounding Heart** and **Centering Heart** structures, it is easier to stay empathic and peaceful at the same time.



Signs of Balance:

- ❖ trust in love
- ❖ calmness while being in loving witness to another's feelings
- ❖ ability to enjoy relationships and social life
- ❖ having a peaceful sense of oneness
- ❖ experience a consistent sense of happiness
- ❖ compassion is a natural reaction to other's challenges
- ❖ *I and Thou consciousness*



Signs of Imbalance:

- ❖ feeling separate from others
- ❖ judging or feeling judged by another
- ❖ having a heavy heart that holds the shadows of others
- ❖ melancholy over the loss of past happiness or love
- ❖ obsessive need to heal others or things or situations
- ❖ fears of loss or emptiness

Heart Light Meditation

*I use a few deep, slow breaths to move my attention to the top of my **Grounding Heart**. The light and love of Earth flows up from my **Grounding Heart** to my solar plexus chakra in the navel area. I accept this love into my **IAM** center; I become aware of the pulse of light in my core center. From the top tip of my **Centering Heart** I see the **Heart Light** growing into a heart that fills my whole chest area through my rib cage to the back shoulder and spine. my core, I now activate the **Heart Light**.*

*I breathe into the light of my heart chakra. After a few moments of enjoying this light, I set the intention that my **Heart Light** gently flows beams of light through my chest, energizing my heart, lungs, bronchial tubes, rib cage, thymus gland, upper back and shoulders. The luminous energy from my **Heart Light** then flows down my arms into my hands and out into my aura.*



*I enjoy radiating the light of love and affirm,
“Compassion and unconditional love flows from me to the souls of all created beings.”*

“I am a compassionate witness to the struggles of others.”

“I enjoy the gift our unique personalities and beliefs while knowing the peace of our oneness.”

“Trusting the magnetic attraction of spiritual love activated through the Heart Light, I call upon its positive healing energy to restore harmony in myself and others.”

“I peacefully accept love from my divine self and shine it out to the world.”

The main ways a sensitive creates imbalance in his or her *Heart Light* are:

1. Take on the burden of another's shadow energy or emotional state.
2. Identify with a fragment of another that has been sent to you through the other's intention to bond you to him or her--such as in smothering family relationships or control emotional relationships. Remnant shadows and fragments suppress the vibrancy of your own being and often lead to the feeling of emptiness or despair. It could also lead you to feeling overly involved with another's growth while ignoring your own.
3. Send a fragment of yourself to another or to a memory leaving a hole in your heart especially if you do not tolerate being in a state of love or joy. The shadow and other's fragment need to be released but your fragment you sent out of you needs to be reclaimed in order to have a sense of inner peace.

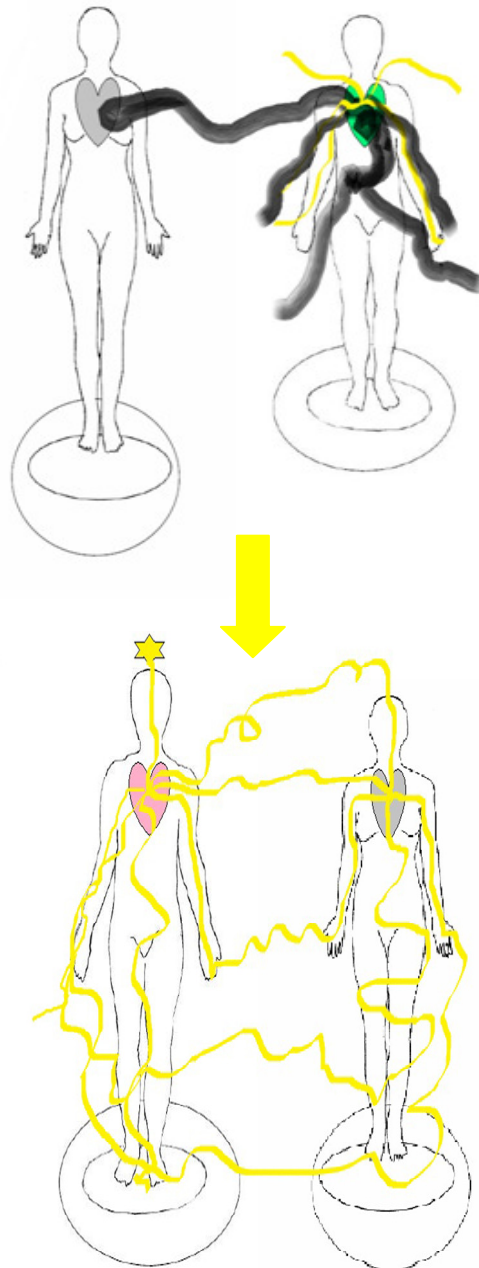
Remnant Release Process

Shadow Remnants:

As a *SI*, you probably have at times taken aspects of others that you felt they needed help to manage. These aspects might be used on their personality level or by their ego to control or hide from relationships; or the aspects could be suppressed in their unconscious causing them torment themselves or others. They might also be intense dreams, expectations or longings that are causing them unhappiness and restlessness.

At some point, you merged with them either consciously or unconsciously and allowed these aspects of the other to move through your heart and find a home in you. When you absorb another in this manner, your soul's light is blocked in some way. The shadow of the other becomes an organizing influence in your energy and state of being. You are no longer peacefully at home in yourself for you are sharing your light with another's shadow. The sacred light of your soul hits a wall so that it is hindered in shining out from you. You might feel confused and loss in negative emotional state of anger, depression or fear. You might experience a rush of energy to heal the other in an attempt to free yourself. But, the other is most likely not involved in this healing and therefore, not serviced by your energy. It is only when you clear your heart of the shadow remnants and restore your *Heart Light*, can you offer the other compassion and love with respect for his or her conscious process.

As shown in the first picture below, a shadow shared with another does not heal in the sender and only corrupts the flow of light in the receiver. A principle of intuitive health is always receiving from higher vibration energy and sends to a lower one. In the second picture the man is receiving from a star that glows with light and with a compassionate open heart, sends the light to a person feeling a shadow. The sending increases the activity of light.



Guided Imagery for Shadow Release

Breathe and move yourself into a calm state. Notice where you're not feeling at peace with yourself or where there is tension that does not feel related to your present state of being. This is most likely a shadow remnant.

Focus on the shadow. If it is heavy and dense, inhale into the densest spot and as you exhale, direct the heavy energy downward through your body into the Earth. Declare that as the shadow is released from you into the fire of Earth's core, it is transformed into a neutral energy and that it will not be allowed to return to you; and that whoever or wherever it came from be blessed with light.

If the shadow is spinning or busy energy, move it down your arms, into your hands and toss it out into the universe and ask that it finds a dimension where it can do no harm; or that it be collected by a Light Being or angel to be transformed. Again assert that it does not have permission to return to you and that whoever or wherever it came from be blessed with light.

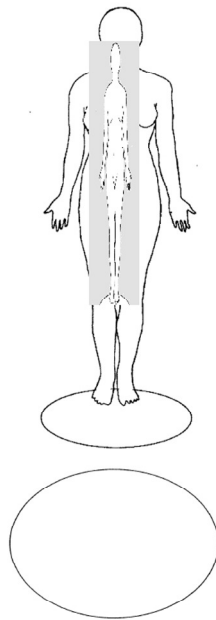
*After the release ritual, call forth a high vibration source of light for you such as the sun or an image of the divine. Breathe into it and with the exhale, move the light into your heart chakra to activate your **Heart Light**. When you feel a connection to your soul, send some energy to the area in your body or energy field where you held the shadow and reclaim this area now matches the vibrancy of your soul energy.*

*Affirm, "I am grounded in this moment, centered in my being, soft shielded with light and ready to glow with the sparkle of my **Heart Light**."*

Fragment Remnant

At times, instead of just absorbing the shadow energy of another, you might take on an aspect of the belief system and identity of someone needing or desiring to share his or her energy with you. It could also be an unconscious projection into your energy field by the other to have you become a reflection of him or her. If you accept this fragment, you might take on such a fragment and change yourself to hold it, and never quite feel at home in yourself after that absorption. This fragment possession often happens when you have intense fear of or love for the other; or you experience sympathy or pity of the other's suffering. The fragment can overlay the brightness of your own energy, take possession of your consciousness and hinder your ability to be a peace.

The image below demonstrates how carrying a fragment of another will cloud your light and separate you from grounding and centering. You might even start to believe that you are the fragment and forget your own beliefs and desires.

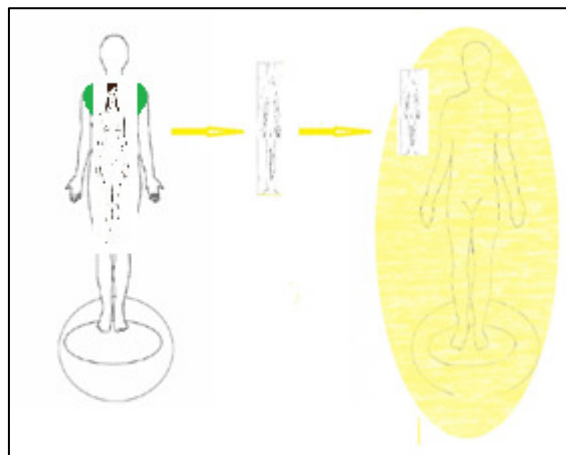


Fragment Release Guided Imagery

Place yourself in a relaxed state of being. Allow yourself to become aware of a persistent emotional or mental fragment that leaves you feeling not quite yourself. Breathe into where in your body this pattern causes you stress.

Ask yourself who this pattern reminds you of in its feeling tone, belief or behaviors.

This is an “other” fragment. Call to mind an image of the person who gave you the fragment. Breathe into your heart and send a circle of light around this image. Open a portal out of your heart and create a long tube of light. Send the person out of your body into the tube and set the intention that the fragment goes to the higher self of the person you are releasing. Make sure the tube only goes in one direction that of from you to the other. Affirm that the fragment be managed by the other’s soul and that it does not have permission to return to you. After the fragment moves through the tube, close the tube and portal. Seal up your aura with a light shield and affirm that you are no longer available to hold the fragment and it does not have permission to be in you again.



*Breathe into your **Heart Light** and gather the light. With the exhale, move the light through the places in you where you held the fragment. Take this moment to create a new thought, or belief, or bring forth a positive emotion you want to experience. Shine and enjoy being you!*

Reclaim a Fragment

SIs often get in the habit of scanning others for validation of their own worth. Why is that? Well if from childhood you were told don't be too sensitive or told not to be too happy when you see light and energy in nature or others. Be practical; be reasonable; don't feel so much. After judgments like these, you move from the "oneness" awareness of the **Heart Light**, toward separation consciousness. You might come to believe the awareness of love flowing from your soul light is an illusion and that you have to look to others for validation of your consciousness. Beliefs based on separation consciousness can lead you to distrust your capacity to be consistent in experiencing happiness and love.

As a sensitive, you enjoy connection to the light energy in others, nature, music and art, and beautiful things. From the separation consciousness discussed above, you might fragment off a part of your self whenever such a merging is too intense to hold the energy. To manage the intensity, you park a part of yourself outside yourself in the memory, or in the person or object. You over intensify what is outside of you. How many times have you heard yourself say, "I'll never experience that joy again!" or "That was one kind of experience," or "I only enjoy that pleasure orfrom that person or that?"

In order to restore your full capacity to have consistency, repeatable joys, love and happiness based on the consciousness of oneness, it helps to un-park the fragments of self and return them to your own energy. It helps to remember that you have access to your whole light body that moves through you, in you and out to the universe. From the belief in oneness you can find the capacity to integrate those fragments and experience conscious awareness of the world around you without getting overwhelmed. From a grounded, centered, shielded self, your focus can expand in all directions while maintaining a peaceful, loving **I and Thou** consciousness.

Guided Imagery for Reclaiming Fragments

Place yourself in a relaxed state. Bring to focus the grounding heart, breathing into it and feel yourself connected to Earth and her loving energy. After a few moments, move your focus to the centering heart and be in the I AM consciousness connecting your awareness to this self, this moment, this time and this body. Energize the soft shield around you setting the intention to experience harmony in your field.

Envision a path before you and as you move along the path, think of a quality of existence like joy, you would like to increase within yourself and where in your body you have this longing. Go around a bend in the path and find a rock or soft place to sit. Let your mind drift back in time to a person, place, thing or event when you experience that quality. Take a moment and observe how that quality manifested in that moment of time and where in you body you experience that quality.

When you are ready focus on the place in you body of the longing and see a tube of light open from there out through your aura into the past to the moment, person, place, thing or event that holds the memory of that energy.

Say, "I now claim the fragment of myself back from this memory." See yourself step out of the memory into the tube of light and be sucked back home to self. Welcome home the this fragment and the quality of life it holds. See the fragment going from the tube into the place in your body that longed for the return. Feel yourself expanded to receive home this fragment.

When you are ready, detach the tube to other and say, "I release you as the holder of myself and thank you for keeping this quality for me until I was ready to reclaim it."

Take a moment and enjoy the expansion before bringing yourself back to outer focus.

Review of *Heart Light* Principles:

1. starting with the heart center, the focus now becomes how our light connects with all
2. to stay balanced in the *Heart Light*, it is important to practice loving witness
3. the light can be clouded by carrying shadows of another or fragments of their psyche
4. it can also be clouded by sending a fragment of yourself out to attach to a certain person or experience
5. shadows need to be released to a higher vibration
6. fragments of others need to be sent home to their higher self
7. for feeling peaceful with a full heart of light it is important to reclaim fragments you parked out of you
8. the *Heart Light* is the base of *I and Thou* consciousness