



ALLORAH'S INSIGHTS

June 28, 2009

Are you listening with your heart? We are halfway through 2009 and are heading swiftly into 2010. This year has been full of change and awarenesses that are meant to serve our understanding of ourselves. It is easy to be overwhelmed with all the information coming through, especially if we are trying to translate the experience within the confines of our linear thinking. When we are able to shift into heart centred thinking, our understanding and as a result our world expands for the better, exponentially.

In the time when Pharaohs ruled the kingdoms of Egypt man consciously understood that the wisdom centre resided in our heart centre. That is reflected in the burial rituals of Ancient Egypt. As you may or may not know, vital organs were removed from the body cavity and placed in special jars. The heart (also and correctly called the mind) was understood to be the ultimate thinking centre of the human vehicle rather than the brain. As part of the ceremony, the brains were also removed but not in tact. How I would translate the metaphor is to think of a computer; the heart centre is the working hard drive and requisite software while the brain is the monitor on the computer; meaning that it is in our hearts that we understand and comprehend and it is through our brains that we articulate the understanding to ourselves and the world around.

How this experience may have and may be revealing itself to you is through vibrant dreams of personal and family history, often these dreams include some dialogue that helps you understand how you were programmed to struggle in this and other lifetimes. Other ways this communication occurs are: repeated patterns of experience, repeated appearances of signs, overhearing a conversation of a stranger that seems directly related to a personal issue and the like. I suggest that the way to make use of these experiences is to view them as opportunities first and foremost. When you view them as opportunities, you reduce your resistance to them and change for the better is not only possible, it is inevitable.

When we are able to deal with data in a non attached way, we can tap into the infinite possibilities always and readily available to us. When we are tapping into infinite possibilities from a heart centred "cosmic ally" tuned in mind-set, fear and the lower emotions are transmuted and we can transcend them. You are not giving up your commitment to a better way by being non attached. Quite the contrary is the case in fact because when we have

reduced the resistance to and denial of the better, bigger picture through releasing attachment, we get out of our own way and stop blocking the heavens.

A heart centred approach is healing and creates miracles. The energetic heart loves and as a result conducts the flow of love. The physical heart conducts the flow of blood and blood carries life force within it. When allowed to function as intended (which is always) our energetic heart is open. On those occasions when the brain (thinking) interferes with heart/ mind (knowing), we focus on our thoughts and we can become so confused that we think our thoughts are our feelings and we begin to feel shut down because the mind/ body/ spirit mechanism respects the laws of the construct in which it exists. If you think of blood (life force aka Prana) as a physical manifestation of the love expressed by the energetic heart, it is not hard to understand why it is said that mental/ emotional stress leads to physical disease.

Any state contrary to the energy of love is harmful to some degree because love simply stated is the conduit through which connection to the cosmos occurs. Your emotional system exists to help you monitor and regulate your vibrational state. Like a pilot flying a plane, if you can read and understand the readings indicating where you are in relation to where you are intending to go, you can easily make the adjustments to keep yourself on course. It may be that you might even get there early, having avoided the storms along the way. So, I ask again. Are you listening with your heart?

Namaste,
Allorah