

~ THE TRUTH OF THE HEART ~

As I was working on clients the other day, a theme kept popping up that I decided was very important to share:

The theme was the heart and the blocks happening within. I have a beautiful 20 year old young lady who had been a bit confused and she wanted to know what was happening? As I checked into the energy of her heart, (where I typically go to first) I felt very "bouncy." It was almost like there was a tug of war going on inside of her... She wanted to be strong and speak up, but she also didn't want to hurt peoples feelings so she prevented this from herself and got stuck with her expression. This caused her to feel grumpy, and a bit disconnected. Therefore, confusion set in and she needed a push into being honest and balanced.

The next client was the same way. She was very distraught by her old emotions of self anguish and fear of being disliked. This stopped her from feeling love. Her whole essence was "What if I say something wrong, and then get left alone?" In the meantime, she had a difficult time with honesty inside herself. Physically, this caused her blood to stop producing platelets, which energetically, we were able to shift. There were many other people I worked with afterwards who were having similar issues, all with different "side effects" to old emotional issues.

This brings me to sharing the true info of the heart. I meditated briefly as I was spiritually "dissecting" these recent energetic healings, and what this boiled down to is this: PAST CONCERNS OF WHAT PEOPLE THINK OF US, OR WHAT WE FEEL IS EXPECTED OF US, causes dis-ease and creates a false safety net which is crumbling quickly!! We are living in times that no longer allow these old patterns and belief systems to interfere with our true selves! Being yourself, accepting yourself and speaking up when you need to is front and center! The courage it takes to love ourselves has got to be consciously connected to our decisions to change. This is the part where I always talk about "Where two or more are gathered" ... a quote from Jesus meaning recognition onto itself causes a big bang effect and zero point becomes the reality of the body and cellular production becomes quantum shifting where the old perceptions become new...bringing health back to the cells, and in turn, can cure the dis-ease! WA-LA!

We are smart, and the body is smarter. It stays in homeostasis as long as it can because it knows how. What we do to it through perceptions and beliefs tied in to our thoughts, and of course, our emotions, can quickly tell the body to react to the sensation. The body doesn't judge, we do. The body doesn't lie, we do. So to advance into a higher state of health, and to get over heavy duty diseases, we must listen to ourselves and stop going against our own conscious. The heart is very intuitive. Studies have shown this over and over again. The cool part is we don't even have to try!! We just have to listen.

The heart is not meant to only see scientifically. Yes that helps because with every action has a reaction, so the body gets that. However, the heart also is telling the truth. When you feel, you heal. So why do we tend to deny the truth of our feelings?

The 20 year old client explained that she had thoughts of dying the way her grandmother did. (Heart attack and heart disease.) I found myself explaining to her that the only way the heart turns into disease is either if you are born with a defect that is too severe to heal, OR mostly, you ignore yourself and stop feeling to not feel pain. THAT is how powerful we are! We can also hold on to too much pain, resentment, discouragement, anger and stubbornness. When we don't live up to our own standards with integrity, and forgive or become compassionate, we carry a hard wall over the heart where the heart can no longer speak ( or breath), and slowly dies of "suffocation." That can be the essence of a heart attack. Remember, energy comes before the physical ailment every time!

So scientifically, we can appreciate the studies done, however we must remember that to set ourselves free from the way we used to feel and think, we really need to recognize the truth of our emotions and then act upon that. One way or another, this is all about inward expansion and outward actions.

Here's to you! Staying healthy in an age of chaos and finding true peace with total LOVE and acceptance of yourself!!

Much Love, MonaDelfino~

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