

## Part Three: Healing the Heart (2nd half)

Pages 108–28

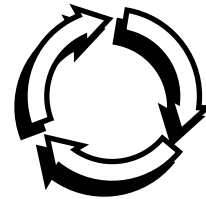
### KEEPING IN TOUCH

- *Did anyone experience a change in a situation that you visualized in the ritual of forgiveness at the last meeting?*
- *Any thoughts about or examples of having a merciful heart towards yourself or others?*

### 1. Making Peace with God

What are some answers to the question “how could God have let this happen” concerning tragedies in life? (pp. 108–09)

- ◆ Law of the circle (other names for this law?)
- ◆ New negative acts
- ◆ Souls may sacrifice to help others learn
- ◆ You may never know the reason, but there are two choices



What symptoms emerging out of the sublevels of being can be signs of unconscious anger towards God? (p. 109)

What can help to heal the hurt that is beneath unresolved anger? (pp. 109–12)

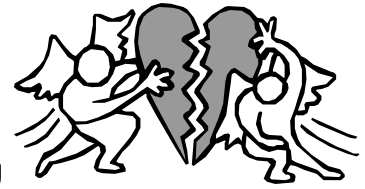
- ◆ Stories of Los Alamos fire and John and Reve Walsh
- ◆ Finding the hidden blessing
- ◆ The Taoist philosopher’s story: misfortune, good luck, surrender
- ◆ Does anyone have a personal story to share about this?



## 2. Surrender to a Higher Love

How can the pain of unrequited love lead to a higher love? (pp. 113–14)

- ◆ Breaking the shell that encloses understanding
- ◆ Asking why you're hurting
- ◆ Other insights?



Is love ever wasted? (pp. 114–16)

- ◆ Love relationships at the most fundamental level of our being
- ◆ Detours to divine destiny
- ◆ Love and debts

How can the Hindu concept of *bhakti* yoga, or the yoga of divine love, engender an understanding of a higher form of love? (pp. 116–18)

- ◆ Seeing beyond the outer personality to who are you loving
- ◆ Realizing who is doing the loving
- ◆ Masks of the Spirit
- ◆ Painful loss—who and what have I really loved?

## 3. Clearing the Heart



How can the spiritual sensitivity of your heart become clouded? (pp. 119–20)

What is your natural resource of pure, creative love and how does that work? (pp. 120–21)

- ◆ The crystal clear stream
- ◆ Spiritual flame, physical heart
- ◆ Deciding how to use the stream
- ◆ Returning energy and opportunity to change it

What is hardness of heart and what can free your heart from it? (pp. 121–23)

- ◆ Misuse of the heart—molasses, rock or concrete
- ◆ Daily ritual of bathing and purifying the heart

- ◆ Holy Spirit, violet flame, mercy—forgiveness—transmutation, purest place of love

What makes the violet flame such a powerful tool? (p. 124)

- ◆ *Tao of Physics* – high frequency and high momentum!
- ◆ Closest to physical universe, thus ability to interpenetrate and transform matter

What can violet flame affirmations and prayers do for you and what might influence the results? (pp. 124–26)

- ◆ Resolve unhealthy psychological patterns
- ◆ Enhances creativity
- ◆ Other benefits?
- ◆ Time, constancy, experimentation

#### 4. Making It a Reality

- ◆ You can make affirmations part of your daily spiritual practice. Say them when things aren't going well. Say them when you feel heaviness around your heart. Say them in the shower!



- ◆ Use them to attune with your loving heart and clear any blocks within it. Giving them regularly can create a spiritual climate around your heart that helps you to become more open, sensitive and compassionate toward yourself and others.
- ◆ When giving affirmations, three important points to remember are:
  - 1) "I AM" means "God in me."
  - 2) The powerful alchemy of the violet flame clears negativity from your consciousness and frees you to be more of your real self.
  - 3) Repetition builds momentum and power.

## Affirmations for Clearing the Heart

- ☞ Close your eyes, take a few deep breaths and release all the tension in your body.
- ☞ Visualize violet-colored flames within your heart softening and melting away any hardness of heart or negative qualities.
- ☞ Give any or all of these affirmations aloud as many times as you like until you feel your heart responding to the healing power of love.

I AM a being of violet fire,  
I AM the purity God desires!

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My heart is a chakra\* of violet fire,  
My heart is the purity God desires!

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Violet fire, thou love divine,  
Blaze within this heart of mine!  
Thou art mercy forever true,  
Keep me always in tune with you.

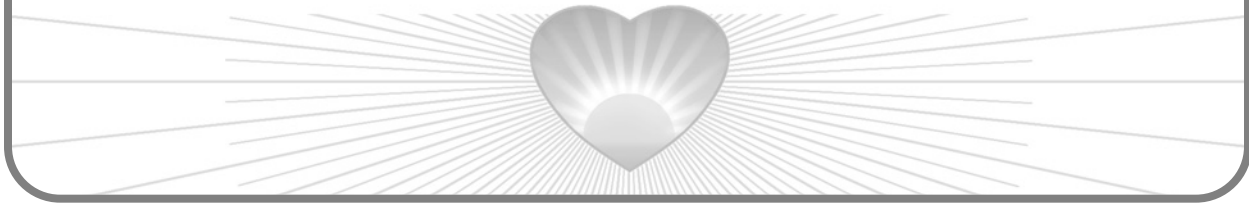


\*The heart is one of the seven major energy centers, or chakras, in the body (see pages 161–63 in the book for more on the heart chakra).

# HEART PERSPECTIVES WORKSHEET

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*No matter what you've done or experienced,  
you can transcend yourself!*



### Self-Reflection and Discussion

Use these exercises and practical techniques to increase your capacity to give and receive love. Create your own alchemy of the heart!

### MAKING PEACE WITH GOD (pp. 108–12)

#### Find the blessing.

1. Are you still harboring any anger about a difficult situation in your life or another's?
2. Can you find a hidden blessing or lesson in that situation?
3. How can you shape your loss into something positive that can help others?




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### SURRENDER TO A HIGHER LOVE (pp. 113–18)

#### Reflect on a turning point.

1. Can you recall a turning point in a relationship with family, friends, mates, partners or co-workers where a “debt” was paid off through love and service to one another?



2. How was each person able to move on past this turning point?

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#### Look beyond the pain.

When you are faced with rejection or the sorrow of what seems to be a lost love, ask yourself:

1. Why have I loved? Who and what have I really loved?
2. What is the message? What is the outworn “shell” of limited understanding that this pain is trying to break open?
3. What is the new understanding that is being revealed to me?

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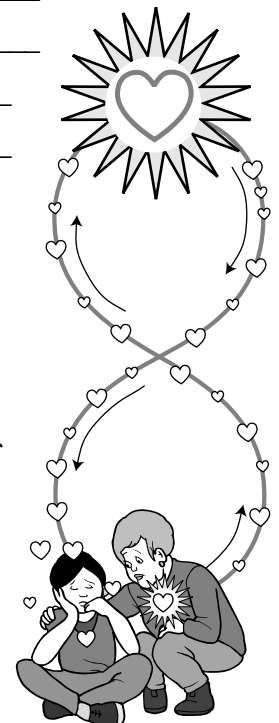
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#### Serve the divine spirit in everyone.

As you love and serve one another, you are really loving and serving the divine spirit who lives within that one.

1. Think about someone that you love or care for.
2. Visualize that you are sending the arrow of love from your heart to God’s heart.
3. Feel the return current of the figure-eight flow.

You can do this in every situation, even where circumstances are difficult.



## CLEARING THE HEART (pp. 119–26)

You might want to clip out this affirmation and put it on the refrigerator or your mirror or in a desk drawer, or any special place as a reminder of your commitment to love.

If I choose to radiate the energy  
flowing through my heart as love,  
this energy will eventually return to me  
as the blessings of love.

*Violet fire, thou love divine,  
Blaze within this heart of mine!  
Thou art mercy forever true,  
Keep me always in tune with you.*

