

Part Four: Guarding the Heart

Pages 129–57

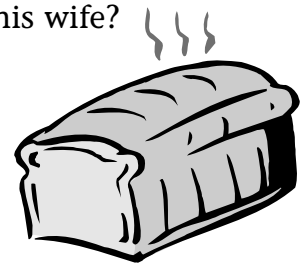
KEEPING IN TOUCH

➤ *Did anyone experiment with the violet flame since we last met?
Some things take time, like planting a seed, and the constancy of a new habit.*

1. Keeping Watch in the Heart

What are some insights from the story of the miller and his wife?
(pp. 131–32)

- ◆ Putting love into work
- ◆ Radioactive power
- ◆ Others?



Why is guarding the heart so important? (pp. 132–34)

- ◆ Be instruments of healing
- ◆ Merit more light, power and energy
- ◆ Avoid losing ground through emotions like anger and irritability
- ◆ What you do on the outside vs. within the heart

What danger comes from the heart, and what are some consequences and antidotes? (pp. 134–35)

- ◆ Irritability and imperil
- ◆ Destruction of projects, relationships, businesses
- ◆ Harmony and patience
- ◆ Ideas or personal “ahas” that are related to this?

What can happen if you stand for truth but without perfect love? (pp. 135–36)

- ◆ Attracting darkness
- ◆ Results in raising children
- ◆ Anger and not hearing



2. Spiritual Protection

What's the connection between negatives like anxiety, anger, envy or ridicule and well being? (pp. 139–40)

- ◆ Mind-body connection
- ◆ Accidents, headaches, irritability, etc.
- ◆ Your own energy or from others?

How does the principle of action and reaction work when it comes to the intent to love? (pp. 140–43)



- ◆ Opposition to rising spiral
- ◆ Stand fast and don't back down
- ◆ Pull of the ego vs. staying centered
- ◆ Gautama Buddha and defending the right to love



How can you deal with forces of anti-love? (pp. 143–44)

- ◆ Depersonalize: the energy, not the person
- ◆ Generate more love: recognize the cry for help
- ◆ What else?

What's involved in drawing loving boundaries? (pp. 144–45)

- ◆ Choice
- ◆ Listening to learn, but discriminating with the heart
- ◆ Toxic criticism, discord, abuse

How is your heart sensitive to your environment and how can you deal with this? (pp. 145–46)

- ◆ Stresses of noise, music or TV, children, pets, etc.
- ◆ Stance: Laid-back attitude vs. control of your environment
- ◆ Any of this sound familiar?



3. Making It a Reality (pp. 146–51)

Technique to guard the heart: meditate on and call forth the protective white light.

Colorful images from the world's religions:

- ◆ The Apostle Paul and the whole armour of God
- ◆ A pillar of a cloud and a pillar of fire
- ◆ “Imagine you are light” formula of thirteenth-century Kabbalist:

Whatever one implants firmly in the mind becomes the essential thing. So if you pray and offer a blessing to God, or if you wish your intention to be true, imagine that you are light. All around you—in every corner and on every side—is light.

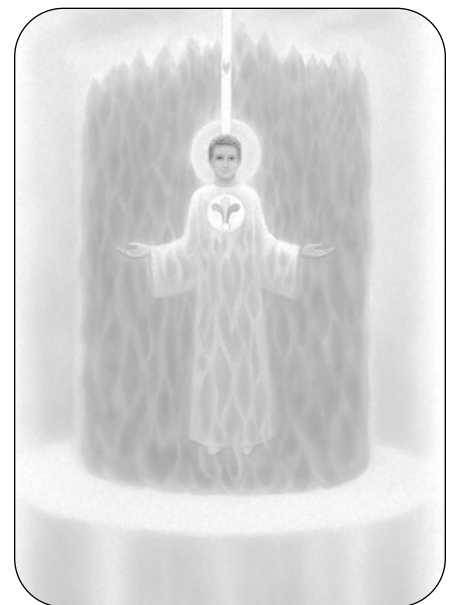
Turn to your right, and you will find shining light; to your left, splendor, a radiant light. Between them, up above, the light of the Presence. Surrounding that, the light of life. Above it all, a crown of light—crowning the aspirations of thought, illumining the paths of imagination, spreading the radiance of vision.

- ◆ Examples from other religions?

You can summon the protective white light by using the “Tube of Light” affirmation. (pp. 150–51) The tube of light is a shield of divine energy that descends through your Higher Self when you call for it.

Imagine yourself as the bottom figure in the Chart of your Divine Self. See and feel a waterfall of dazzling white light tumbling down and enveloping you. Then see it coalesce to form an impenetrable wall of light. Inside that scintillating aura of white light, visualize the violet flame of the Holy Spirit surrounding you and transforming any negativity into positive and loving energy.

As you give this prayer aloud, know that the all-powerful light of God within you is in control of your family, relationships, work and world.



Tube of Light

*Beloved I AM Presence bright,
Round me seal your tube of light
From ascended master flame
Called forth now in God's own name.
Let it keep my temple* free
From all discord sent to me.*

*I AM calling forth violet fire
To blaze and transmute all desire,
Keeping on in freedom's name
Till I AM one with the violet flame.*

your I AM Presence

your Higher Self

you



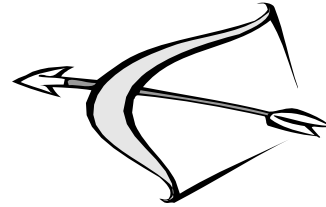
*The word temple here refers to the many aspects of our being, including our body, mind and emotions. As Paul wrote in his letter to the Corinthians, "Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?"

You can give this affirmation every morning before starting your day or whenever you feel de-energized during the day. Repeating it three times or more multiplies the power.

4. The Power of Softness

How is softness real strength? (pp. 152–54)

- ◆ Water and rock
- ◆ Smiling, kindness, not taking offense, flexibility...
- ◆ T'ai Chi Chu'uan and martial arts: inner strength and softness
- ◆ Aggression and defensiveness vs. the power of an arrow



What is the secret of how to argue and win every time? (pp. 154–55)

- ◆ Late for dinner... not a problem!
- ◆ Trust begets trust

How does the power of softness in dialogue lead to the greater truth? (pp. 155–56)

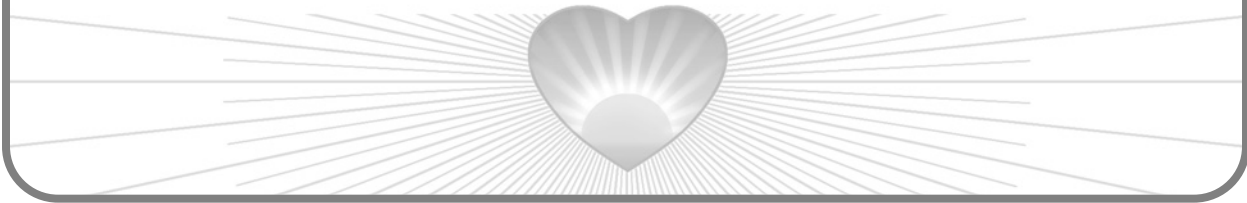
- ◆ Suspending assumptions
- ◆ Give up your own agenda and ask questions



HEART PERSPECTIVES WORKSHEET

Part Four: Guarding the Heart

Spiritual mastery demands that you guard your heart against those intruders that would move you from the center of love.



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!

KEEPING WATCH IN THE HEART (pp. 131–36)

Cool off and count to nine.

If you are in a situation where you or others are getting inharmonious or angry, try one of these:

1. Suggest a break.
2. Get a glass of water.
3. Get some fresh air or do some deep breathing.
4. Resolve that you will not be moved from your center of harmony.
5. Turn the entire matter over to God or your Higher Self.



Can you think of anything else that would help you to regain your harmony?

To help control runaway emotions at any time, you can use the following prayer. Give it aloud with fervor and know that your Higher Self is in total control.

Count to Nine

*Come now by love divine,
Guard thou this soul of mine,
Make now my world all thine,
God's light around me shine.*

*I count one, it is done.
O feeling world, be still!
Two and three, I AM free,
Peace, it is God's will.*

*I count four, I do adore
My Presence all divine.
Five and six, O God, affix
My gaze on thee sublime!*

*I count seven, come, O heaven,
My energies take hold!
Eight and nine, completely thine,
My mental world enfold!*

*The white-fire light now encircles me,
All riptides are rejected!
With God's own might around me bright
I AM by love protected!*

I accept this done right now with full power! I AM* this done right now with full power!

I AM, I AM, I AM God-life expressing perfection all ways at all times. This which I call forth for myself I call forth for every man, woman and child on this planet!

*Each time you say "I AM" (from "I AM THAT I AM") you are really saying "God in me is. . . ." The "I AM" is the power of Spirit working personally through you.

SPIRITUAL PROTECTION (pp. 139–48)

Depersonalize what seems personal.



Think about a challenging situation in your life where someone seems to be angry or irritated with you, or seems to dislike you.

Step back and ask:

1. What could be the real cause behind the emotions?

Is it symptomatic of a deeper malaise?

2. Instead of reacting to the symptom, what can you do to act from your heart to try and help heal the cause of their upset?

Draw boundaries when necessary.

1. Is there a situation in your life or a toxic relationship that is draining your energy or trying to get you to act in unloving ways?



2. How can you draw loving boundaries in this situation?

THE POWER OF SOFTNESS (pp. 152–56)

Inquire more often.

Think about a challenging discussion, meeting or situation that you will soon have to deal with.

What might happen if you ask questions and explore options rather than just advocating your position?

Try a little softness.

Think about an incident when your use of force rather than softness blocked progress.

Think about another situation when your use of softness helped you get the results you wanted without strain or stress.

Is there a situation in your life right now where you can apply greater softness?

