

The Self-Sovereign Heart

(Extracted from Fragrance Alchemy material, and so it includes talk on the meridians.)

The Heart is the Supreme Ruler in the body. As we have discussed in the DNA teachings, it is co-resonant with the DNA: as Heart purifies and refines it impacts directly on DNA as it engages aspects to emphasize and express; as DNA repairs and evolves, it supports Heart's ability to express ever richer layers of divine intent.

In the new creation, our life emerges within our Heart field. The pure emotions emphasized within the Heart cause the field to expand, and into this field the light rays move. As field expands, it imbues ever more of this realm and beyond with the essence of our divine nature, as we hold the entire cosmos within us more and more consciously.

From this new reality, we truly have the possibility of being self-sovereign. As Heart expands in power, the rays of light within it must accelerate in order to complete their patterns, which means they have a higher vibration. Higher vibration translates into higher consciousness. Therefore, as Heart field expands so our consciousness expands without bounds. And so in the new reality, power and wisdom increase as Heart expands.

Another new phenomenon is that as we increase in light/love, the Mother gifts us with a new 'heart energy' that exceeds our light/love vibration, ensuring that we will 'energetically' attract like-hearted people to us, while our light/love is able to flow unencumbered to areas in need of illumination. The most accelerated evolution now happens through like-hearted souls inspiring one another with as little stifling influences around them, so that the highest templates of evolution may be embodied for the eventual good of all. True Heart has the power to instantly align its reality to Infinite Intent, through the power of fusion by resonance: as there is resonance, there is instant fusion and upgrade in all within our Presence.

Contrast this with life under the tyranny of the needy heart that imprisons and creates as opposite all it believes it has need of. Rather than a fluid field that expands on our exploration of unfathomable depth of inclusiveness and compassionate perception of perfection unfolding, we are a stifling force that seeks to secure its own finite source of resources through draining others.

We either expand our field in boundless tonal luminosity and magic, or we eke out a 'gap' in linear time and static space into which only drama plays out over and over again.

The Heart's rule affects all aspects of the inner landscape. The Heart meridian has three high-powered guards that together, determine the state of the Kingdom. *Small Intestine* (SI) meridian separates the pure from the impure, the *Pericardium* is the main 'protector' around the Heart, and the *Thyroid* meridian is the official in charge of balance and harmony 'across the land'.

SI is meant to handle the day-to-day living, and protect the Heart from the coarser emotions. It provides

first-level emotional processing so that it does not have to bother the Heart with the many decisions of what to let go of and what inspires and nourishes. SI ensures that all that is not pure gets discarded and that Heart is surrounded in the pure. Pericardium decides the level of intimacy and what/who is safe and trustworthy, and thyroid meridian ensures balance (endocrine) and a strong immune system so that the land is kept in a state of feeling safe and unaffected by stress or threat.

When the 'ruler' serves the welfare of all, then the job of its 'high guards' are to process and create highest harmony with the challenges presented through the ebbs and flows of life. On the other hand, when the ruler is itself cause for continual dysfunction and threat, it forces unwise judgement on the others and all falls into chaos.

Thyroid meridian becomes paranoid and dreads its job, SI becomes totally confused and overwhelmed and unable to make the simplest of decisions, and Pericardium shuts down intimacy altogether. And not before long, hopelessness sets in....

While this is easy enough to understand, how does the god perspective and the attitude of appreciation transcend this state of disarray in the inner Kingdom?

Confusion is a choice we make to deny what we cannot grasp. When we are continually anticipating what might come or trying to understand what went wrong to avoid it in future, we drain our energy away from experiencing the present moment in which will be revealed all that must be known to make a next step. In anticipating or trying to understand the past in order to protect oneself against future pain, we step out of the present moment of luminosity. The Heart is 'true' in the present moment only.

Consider that life is a never-ending journey through eternity...there is no destination...no end...no ultimate mission. As we grow in conscious awareness through experiences that make known the unknown, All That Is expands and there is more to explore...Life is a game of self-discovery through self-refinement and ever deeper self-expression ...

Through life we discover what we already are...it reveals what we already know at deeper levels... Feel into this deeply...no end...no destination...eternal discovery of self...only the Self expressed as the many...nothing exists outside of you...

I remember when I first had a sense of this (about 12 years ago) it took my breath away, and the next moment I went into fear...and then denial. And when it flashed up every so often in following years, it filled me with a sense of despair. Hopelessness and despair come from lack of higher perspective into the mysteries of existence.

Unless we embrace the adventure of plunging into the unknown, and unless we have trust in the eternal journeys' benevolence can we begin to surrender to the deeper mysteries of being.

If we do not find delight in the paradoxical game that is truly unfathomable, we will create stories that will soon cage us in. The Heart is the nightingale that must be free to sing its song from depth of freedom, and unselfconscious innocence. It must not be caged. The needy Heart traps others and thus

does it cage itself until it sings no more.

When the Heart sings, the land is continually renewed and all of the inner realm are soothed and devotional to their benevolent ruler. The Heart's song establishes the inner terrain and catalyzes evolution. When the ruler is sound, we have the courage and unwavering faith in self to face anything as we know it is in perfection or would not be there. The Heart's innocent perception closes all the gaps of illusion.

Life is endlessly renewing itself. When we know that all is eternally renewed then we take nothing for granted. No moment is unworthy of our full attention. As we begin to experience ever newness that is the moment's potential, we see how fluid everything can become. Then we become ever new...perpetually regenerated to a higher order of being. And that is when we glimpse the magic of the god perspective.

All is appreciated, as the fullness of your being meets this very moment in full Presence. Nothing has absolute value...nothing is static, and all is renewed by Presence. You are the source of expression and the source of the ever new.

As you deepen in appreciation of the playground of endless possibilities and the beautiful expressions of the One in the Many, you will allow the static structures to fall away more and more...

Surrender to the deep peace in recognizing the exquisite perfection of unfolding existence.

For example, if you've had relationships that have caged the Heart in the past, rather than scramble to fill the gap with another repetition, embrace a phase of profound solitude that you may find the Heart's song, and trust all-knowing wisdom of the One Life to guide you perfectly to richer experiences beyond the gaps.

Become infinitely patient as the 'goal' is eternal self-discovery or intimacy with the Infinite Being. Ultimately, it is to "becoming the evolving expression of Source through refined awareness of Infinite Intent".

The Heart and its entourage can become impulsive, strident, discordant, and panicked if needy heart does not get immediate relief or gratification, and consciousness dims through the choice of confusion. When all has been tried, hopelessness sets in like a slow poison. The resolution is complete surrendered trust to Infinite Intent, which then opens up the possibility of the higher perspective of appreciating every moment as one to deepen in intimacy with Self.

The Heart holds the key that unlocks the secrets of body evolution. When Heart is in deep contentment and able to love its loved ones without attachment, in profound appreciation of each moment whether light or intense, all supporting inner aspects become fearless and operate at a higher functionality. And then the body evolves the faculties to behold and express ever greater Self.

When true Heart is ruler, there is emotional equanimity, refinement in feeling and thought, clear

intention that resounds purely through word and deed, and the inner landscape moves to ever higher harmonics.

With aware appreciation of the wonders of existence, we create the comfortable habitation of the body as a luminous field of tonal luminosity. The angels of the DNA support us to feel at home in a body. Ask for their assistance. When you are in non-tension you will effortlessly close the gap between cause and effect, and life will instantly manifest your intentions as you harmonize with Higher Intent of the One Life through appreciation of every moment. The universe bows down at the feet of the one whose Heart is true and dwells in eternity and timelessness....

Appendix: Precepts of 'Pristine Man'¹

There are 585 principles to be lived to fully embody what is referred to as 'pristine man'. As you expand the Heart field and work to clear all neediness in relationship, you will increasingly have a sense of the One in the Many and the many expressing the One Life. When this dawns upon your consciousness to an increasing degree, personal love becomes more impersonal. You love deeply those near and dear, but increasingly you experience it as 'loving the Beloved'. And then you will have less attachment, and will accept the passing away of loved ones through the ebbs and flows of life. Below are five main precepts that are at the core of the 585 principles. The **first** one speaks to this 'impersonal' love that runs deep and is without attachment.

The **second** one refers to no longer believing in thing external to us: no external knowledge and no external authority. We are breaking down all hierarchy in the new reality, and the Infinite is within everything...there is no separation between the One and the Many. As you live this, so you will experience and believe more and more. Almine has said that she does not know what she will say in her classes before she opens her mouth. This used to cause her some anxiety, but she has learned to trust in more and more. In a similar manner, I never know what I will say to a client until I am saying it. When you are steeped in higher truth, it lives in your body and the wisdom of the gods will spring forth from the many portal openings as it is called forth in full presence and faith.

The **third** one transcends all competition and envy. As we move into tonal luminosity, anyone who inspires us causes a resonance by fusion when we dwell in consciousness beyond the duality of competition. What has changed is that the old cosmic cycle is only a hologram—a ghost that is sustained through our beliefs and thoughts only. There is no longer a collective 'grid' that binds us to the matrix of opposites. When you tune into a reality of inspiration and fusion by resonance, you will feel only gratefulness when others around you express genius, virtuosity, and brilliance, because as it moves you so you are being ignited to express the same powers through your unique individuation.

In choosing the path of inspiration (**fourth**), we most certainly will be challenged because it requires leaving consensus and breaking out of *status quo*. Others will discourage you and tell you you are wrong or foolish. The path of the one who leads the way to self-liberation and virtuosity may look foolish to others, until that path opens to illumination that eventually exposes the lies that were left behind.

Self-sovereign commitment to excellence means that your quest for excellence is self-inspired and in devotion to the Infinite. It does not matter if others acknowledge you or can even understand. “Does the flower that blooms high up in a cave -like the Edelweiss in the mountains of Switzerland - ask whether anyone can be that high up in the snow and ice to see it blossom? Wherever you are, let your actions be one of devotion to life and a celebration of the divinity of self.” In self-sovereign excellence you bask in the exquisite light that you are—do you need more than to know yourself as a luminous miracle?

¹ From the work of Almine, in her godhood and Divinity Quest material.

“Once you feel this, you allow those ripples to go forth from you throughout all individuated life where you are truly a being as vast as the cosmos and this is but the central point setting the motionless motion of a standing wave form into action. You are the harp that the Infinite is playing. But your music that you make with this, your action that you take to emit this pure frequency and light of these 5 core principles, is the harpist that plays the harp strings of your environment - just the way you are played into music by the master harpist.”

Below are the most important precepts of 'pristine man', for your contemplation and Heart expansion.

1. *Loving unconditionally without pain*
2. *Effortless knowingness respected*
3. *The awakening of unarticulated qualities within the self through the aware appreciation of other's enlightened qualities*
4. *Courageously choosing what inspires*
5. *Self-sovereign commitment to excellence*

Wheel of Ultimate Refinement of Life

