

Breaking Mirrors and Masks that Uphold the False Self ~ Revealing True Self/True Heart

The past and collective conditioning hold mirrors to you that are distorted, and if that is the only way that you know yourself, a false self is continually reinforced. You must break all the mirrors and let the depth of feeling from the true heart reveal your true nature to you. But to get to the true Heart, you must release the wounded heart.

The wounded heart stifles the song of the Self, and keeps you stuck in emotionality and drama. You must give up emotionality in order to have the 24 chakras open up. Your evolution depends on clearing the wounded heart.

The wounds we believe were inflicted on us are simply from projections of others....from their inability to see us because of their own inability to recognize the vastness of their being. From our obsessive need to know that is programmed behavior held in our genetic makeup, when we could not see our vastness we believed it did not exist. What others could not face, they projected on us, and we believed in their projections. As we acted up out of those confusion projections in unhealthy expressions, so we believed further in our unlovability and brokenness. And then we doubted and suppressed what was true within.

In self suppression we have contracted vision, and so misinterpret things and believe we are who we are not. “I am unworthy”, “I am unlovable”, “I will never be good enough”, and on and on it goes.

You have allowed others to dictate who you think you are, You have then acted out of what is 'not you', and so you believed the lies. And you too have dictated to others who have believed your false projections on them and have made a life story of the lies. It is time that we end this hurtful and childish game in the field of illusion.

The Infinite Father and Mother know your divinity, your innocence, and your purity. It is time to shed the illusory wounds, as they are not real...no matter how much apparent proof...no matter how often the same things happen over and over again....whether everyone one around you believes those lies too...**repetition or numbers do not make truth from a lie.**

There is no such thing as a wounded heart...only a fake heart that serves a fake self and creates endless drama in density and illusion. This may sound shocking when the wounded heart feels so real—but we have lived unreality. It takes great courage to disengage from the wounds, because we've identified in them...we are bound by guilt to them...we hold shame, etc. But what does it matter to try to make sense of the things we did or did not do from the false self, or what the false self of another did or did not do to us? Even our love is tainted with need. Many love the familiarity of a relationship rather than the actual person. The dramas of the fake reality must come to an end.

Feel the impulse to love buried deep within and let that inform you about who you are...feel your desire

to goodness, to harmony, to peace and goodwill..and let that inform you. Let all that inspire you to be that higher self.

Where you have suppressed your essence of love, you have become needy of others or externals. Neediness comes from lack of self-presence, and the way out is *presencing* yourself fully in the moment. This happens in the surrendered life that knows that all is in perfection. In surrender you will reach the depth of consciousness that is in equanimity. That can feel continual love, praise, and gratitude for everything—every experience, every encounter, every day and every moment.

To play in drama is to be caught in density and illusion, where you remain unexpressed...your depths unexplored...your true dreams mere stillbirths. Self-abandonment is the cause, density and illusion the effect. Become present to yourself now...Shed the veils of lies that hide the majesty of the One Life in you.

In the meditation audio, you break the mirrors and masks of the false self, and dissolve the fake wounded heart, to reveal the true Self and true Heart.

- Release the masks of personality with its defence and coping mechanisms. These mechanisms are based on yesterday's successes or failures. Living yesterday today is tomorrow's mediocrity.
- Release memory, which is fossilized misinterpretation—all that we have wanted to avoid, or have attached to. When you live in the shadow of past glory or past happiness, you are not capable of living the moment well. Let the past act only as inspiration to ever greater.
- Release the inner masks of all the inner parts. These lock you into stalemates and repetitive loops.
- Release the fake wounded heart.

The angels working in the human DNA urge us to contemplate on the fluidity of reality. We have made the vast ocean of the One Life static. Like taking a picture of the ocean and trying to ride the waves in the picture...and being disappointed over and over again. We resist change, not seeing the harmlessness and benevolence of the One Life. We cannot see it because we do not allow its flow by our very resistance. Resistance causes tension, which is unyielded data. All tension must release it we are to grow in consciousness.

So long as we live the past, identify in masks and memories that are false interpretation, we make life static, which means we live in density, illusion, and linear time. In linear time, the clock of death is ticking.

So long as we live in a cloud of negativity that is not reality, our bodies cannot tune into the higher reality that is around us and we will never know the vastness of our true being. In emotionality, soul and body are antagonistic, giving rise to illness.

Everything is available to us to dissolve the old at this time, and every effort that you make will make it easier and easier. The momentum will build up and soon you won't be able to do the old patterns that seemed so real to you before.

We are told that all memories should be treated as stories. As consciousness expands, the memories, once painful, will simply be a benign, harmless part of the landscape far in the distance. It is further revealed that the fountain of youth is to be found through letting go...'continuing to forget'.

As you focus on the wondrous possibilities through self-discovery...expressing what you have suppressed, increasingly you will create a powerful inner field of luminosity from the true Heart, and your soul will awaken from its coma and bring with it the capacity for depth of exquisite feeling states of rapture and exhilaration...

Affirmations

- ⌚ *As I awaken transparency of Heart that is true authenticity, I become the gateway to the unfathomable*
- ⌚ *In surrender and self-sovereignty I move in fluid harmony, singing the resonant song of my being to the receptive universe.*
- ⌚ *I delight in the playground of endless possibility and embrace the magic journey to unbounded flourishing.*
- ⌚ *I delight in authentic expression that makes each day an adventure of eternal newness.*
- ⌚ *I emphasize the pure notes of the Song of the True Self that reverberates through the universe.*
- ⌚ *I have become the fountain of life, all beings flourish in my presence.*
- ⌚ *From deepest fulfilment of automatic pro-activity in surrendered stillness, I welcome the abundant inheritance of the Kingdom of heaven.*
- ⌚ *I am self-impelled and self-inspired on the wondrous journey that is the gift of life.*

Alchemy of Angelic Elixirs

Authenticity as door to the Unfathomable Gateway
+
Full Self-Presence Expressed through the Surrendered Life
+
Extreme Clarity through the Release of Memories
+
Unseen Beauty Revealed and Living the Song of the Self through the Release of Judgement
+
Flawless Life of No Judgement from Eternal consciousness
+
Wonderment of Self-discovery through Release of Erroneous Perceptions of the Past
=

Rapture at the Unfathomable and Boundless Ever-newness of Sovereign Being

Embracing our Divine Perfection



Wheel by Almine (www.spiritualjourneys.com)