

The Needy Heart

In this article, we look at the Heart, along with the three meridians that are in its service. We will continue with this theme in a next article on the self-sovereign Heart...

I just want to mention that the angels have given many insights about the meridians, but it is only recently that I've come to understand just how 'key' this system is to our 'embodiment' of the new reality. In the old reality, spirit, soul, and body were separate and to the degree of separation, they were antagonistic. The body is a tyrant through its density and it pulls us into lower vibrations when it can (it feels most alive in density because it does not know any other reality); soul is tyrant through negative emotions, mostly fuelled by needy heart; and spirit is tyrant through promises of something if we adhere to belief systems (religious, moral, tribal, social, etc.) Each creates imbalance, which causes movement and tension that sustains linear time, karma, and the cycles through life (body), death (soul), and ascension (spirit). Only as we release all neediness for anything external and know that the moment is perfect and hold the fullness of eternity, can we become truly free and self-sovereign. We must establish perfect equipoise of all seeming polarities and live in the balanced, neutral state in order to leave linear time behind.

Consider that in neediness, you try to attach to something minute from the vastness of being and creation, and you do so with assumptions ("my life will be orderly if I have a partner, money, beauty, lose 20 lbs", etc etc) based on the ego's interpretation of what will make you feel better. You try to manipulate life and others in it...If it's a partner that you want, you project your needs on that person and will force them to show up for you in some manner. You cut yourself off from the incredible freedom and dignity of all-sufficiency within, and you take 'all potential' and force one tiny possibility based on false assumptions. And if you 'get what you want', all of your resources are then tied up in sustaining your false reality. You cut off from life, which is an ever changing open-ended miracle that awaits discovery in full presence that acknowledges the unfathomable...that is in reverence and awe at the majesty, power and beauty that is ever-present...that is in appreciative awareness that seeks inspiration and feels the poetry of life in Heart...

The body is the most sublime creation, and it can operate in deep harmony with Infinite Intent, to hold the seeds of divinity and birth incorruptible creations when it is steeped in higher awareness of the boundlessness of being.

You are a template or facet..superimposed over All That Is...the entire cosmos within you. Ponder on how that might be...and feel within for the discrepancy...how you are not engaging the dream of creation? Forget about life as you have known it thus far....take time to release all that you think you know in order to entertain life beyond belief, beyond neediness, beyond duty, beyond proscribed morality, beyond opposition....Feel what stirs in you that is completely free of neediness...

“The most dominant need of the heart is the desire for a tribe.” Yet the tribe preserves its mediocre integrity. When we 'belong' to a tribe, we must bind ourselves to falseness...to what we are not. We then feel forsaken by God, when in fact we have forsaken the real and eternal within the self that is indivisible from the Infinite Being.

We are further told by the angels to *“Let solitude introduce you to the full version of your being that your interaction with others may be free of need.”*

Don't go into false nostalgia or overwhelm by looking to release neediness. The biggest hindrance to receiving the truth that is ever present is our fear of the implications that such truths will have on our lives. We fear having to leave our partners, having to abandon friends, etc. Yet our fears come from the projections of the needy heart. Allow change and you will see a new and glorious dawn rising beyond the fear. As you leave the tribe, so others are stirred to greater wakefulness.

Let the quest to move beyond neediness act as pure inspiration to establish the new in and around you. Beyond neediness and colluding the be bound to mediocrity is freedom to express unique individuation and to engage with others who are likewise expressing uniqueness. As you courageously take steps beyond neediness, you open to higher awareness and this causes higher faculties and potentials still to evolve in you. New pathways thus open that would not have been present otherwise.

“Take moments each day to acquaint yourself with the wishes and desires of your heart. Then, with the mastery of discipline, implement them step-by-step. Great decisions are usually momentous, but implementing them is done in small increments.”

This is a profound exercise to do, and it is elaborated upon in the appendix, so that it is not overlooked.

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Heart is Ruler of the inner Kingdom-- when imbalanced nothing feels right. Heart impacts on our sense of self, rules blood, impacts the endocrine system profoundly, and is associated with the High Heart (thymus). When the heart is needy, it shuts down the High Heart and we are unable to secrete the hormones to higher order being. High Heart is supposed to lead us to highest pathways, and ensures that outer reality is suitably prepared to match our inner landscape. When the needy heart rules, the High Heart becomes suppressed and does the opposite: it leads us to known paths of mediocrity and the doors are closed to us in outer reality.

When needy heart is tyrant, the small intestine meridian is overwhelmed and incapable of discerning what is life-enhancing and what is not. Its muddled state affects hormone secretions directly because it keeps the pituitary balanced. The pericardium (Heart protector) then feels invisible and incapable, and the thyroid meridian gives in to hopelessness. The needy heart directs life into situations of temporary relief that end up causing greater pain, and eventually we give in to hopelessness or we continue in

obsessive neediness. When all three meridians that serve the Heart are in continual high alert under the heart's tyranny, everything is thrown into chaos.

Hopelessness is when we give up. We have resisted life and love, held back in suppression for so long that we can go no further... we have 'tried everything' and nothing has worked. The message is that rather than resist life, we must surrender to it. Rather than give up, we are nudged to 'give in'. The resolution is to surrender to Higher Will. The will of the needy heart must be released...hopelessness is not the end of the road; it is the beginning of a road to higher ground. When we stop listening to the needy heart, little openings will be experienced that eventually lead to liberation. As fake needy heart dissolves, the inner antagonism is eased to a significant degree.

In hopelessness we cannot see a way out, and put our happiness or security into things in future much like a carrot on a stick. We then have the lottery-winning mentality and live only in the gaps of limbo, waiting to be rescued. True hope is not about future, it's about being present to life in a new way. Hope is an active power of the present moment that sees behind appearances, at the magic and miracle of life. As you live with hope, you open to this magic and thus to all possibility. Hopelessness closes all future paths, while hope opens all of them. Each moment is a miracle. In giving up being shut down and wounded, and surrendering to Higher Will, you will find at some point that you are cradled and soothed by Love. Hope is the power to leverage the moments of inspiration and joy so that they carry us through the whole day as a sense of contentment and glad expectation.

The needy heart is not healed by finding a 'soul mate'. In fact it prevents this possibility. You will not even notice some of the wonderful people in your life right now when you look through the skewed lens of neediness. Neediness is binding to all those it ensnares. The matrix of the mirrors of opposites is sustained powerfully through it.

And so we have that the Heart is key to liberation to a higher order. When balanced and aligned with Higher Will, it holds the key to the upward spiral of accelerated evolution. When needy, we end up believing we are a frog...and we forget the prince trapped within by enchantment. Heart is the most powerful emitter of electro magnetic frequencies, with far greater potency than the brain.

Unconditional love is the most potent creative force that can reorder life to greatest depth. The DNA is the carrier of the love force that drives our evolution.

Every part of the heart now has a counterpart in the brain, in order that brain and heart may operate as one—Heart/Brain. The number of cells of the non-cognitive thinking center of the heart have been increased to the alchemical number of 144,000 within the last 7 years, opening up the potency of love to yield alchemical leveraging beyond what was previously possible.

The heart may now have the full ability to translate the love/light language of the Infinite.

The era of purity has been decreed with the end of linear time. All spirals of light now converge in the

heart in order to convey their information. For eons *creation by thought* was done, but thought was distorted when the vastness of being could not be grasped, and the result has been the matrices of belief structures that have taken us away from reality and into painful illusion of a small, powerless self.

It has been decreed that all creation now emanate from the Heart into which all light rays converge. Only from the heart's pure intent can creation form...Only from an open heart can creation be done. Light is carried by love, stepped down into matter from light and love by sending it forth like an arrow from a bow, and then feeding it with praise and gratitude as it shoots forth, so that it has the proper levitation and gravitation to produce beautifully balanced creations.

Creation is now only possible when the heart is true and pure; all else is just moving around dead resources that can only sustain decaying forms of illusion. And when true and pure, we emit a special heart energy that exceeds our light quotient such that we become a compelling force to others of like heart energy. With an pure heart, we cannot fail, and will find a life of profound thriving beyond what we may have imagined as possible. With that inspiration, let us release all neediness from the fake heart...

We are given the following insight from the angel gods that leads away from neediness:

“When we direct personal love at someone in our life, we invite opposition by making them an opposite. Let your love for those who play a significant role in your life be an emphasis within the impersonal love you feel for all.”

And further, we are guided to release our addictions to relationship that come from the desire to feel valued, to find validation, and to feel 'alive' in the matrix or opposites which translates to addiction to drama. We validate not only through enmeshed and unhealthy dynamics where the power is with one and then the other, like a game of ping pong, but also through the cooperative alternating emphasis that can often happen in 'tight' relationships. In many so called 'healthy' relationships, partners believe the same things, live the same values and assumptions, until life feels rather predictable and comfortable.

When we need relationship to feel valued, we do not allow our greatness, as we must then be according to another's needs or expectations. We then see ourselves through the mirrors of others' needs and limitations, and we project this on others as the mirrors we hold up to them. The net result is a slow downward spiral to less and less spontaneity and more and more mediocrity, and we then leave it to life to give us the hard knocks. Drama keeps us in illusion and fully shut down to divine reality. And cooperative resonating emphasis means that we do not express what our partner expresses—the two at best make close to 1 but often fall short of even that. (Think of an equation with no alchemical leveraging, where $1/2 \times 1/2 = 1/4$. When two whole people unite and are mutually igniting, then we have an alchemical equation where the two create orders of magnitude more greatness than each on their own).

Unspoken Contracts that Bind Us

From the angels we have:

“What debts you think you owe in guilt, becomes the source of your dysfunctionality, the compensatory behaviours to cover such debts. What you think is owed to you becomes the origin of your victimhood. What you shun to keep the peace, breeds the discordance of your life.”

Below is a list of some of the contracts that bind the heart, which must be eliminated in order to liberate the Heart, wield its true power, and activate the high Heart and the endocrine system to higher functionality.

- ⌚ Addiction to relationship through the desire to be valued.
- ⌚ Addiction to relationship through the desire to create drama through adversity (as a means to generate *temporary resources and false sense of power or life*)
- ⌚ Addiction to relationship through co-operative alternating emphasis (e.g. Partner has certain complementary traits that you then feel you don't need to have and vice versa).
- ⌚ Ties of self-importance: believing we are responsible for another's happiness; self-abandonment to serve another, desire to fix, blame (wanting others to change for us), ties of entitlement.
- ⌚ Ties of self-pity: guilt that allows others to take advantage of us, blame for the conduct of others, fear of missing out..fear of deprivation.
- ⌚ Ties of wanting to pacify others for acceptance or peace.
- ⌚ Ties of accepting social standards, feeling bound by duty.

Examine all your relationships for the underlying mutual contracts that bind you in various forms of enmeshment. Feel into these...and see how they keep you stuck...Without the contracts you open up to 'all possibility'...you create spaciousness in relationship and eliminate predictability and stagnation.

- ⌚ Image all contracts as sticky cobwebs...there is little 'wiggle room', and when you do wiggle you often get more entangled. When you break the contracts on the other hand, you are cutting and dissolving the threads of the web for you and for all involved. See these dissolving. (*You may use the exercise and elixir by angel Lau-vael to dissolve the cobwebs that bind you. Do this systematically for all your relationships.*)

- ⌚ Change focus from "What am I getting from this?", to "How am I supporting the Infinite's Expression in this relationship?" and "How am I allowing the Infinite to reveal Itself through this relationship?" You then know that any self-stifling also stifles the other, any self-importance or powerlessness in you sustains it in the other. **You are the dream, dreamer, and all players in the dream.** Others show up for you in the manner that they *live within you*. Seek to live beyond the confines of control and insufficiency from within, and everything will take on a far more exciting dynamic without.

Know that the control that you exert over others is in measure of your sense of powerlessness. If you increase control, you increase powerlessness. Work within, and you will set yourself and others free.

The wounded heart stifles the song of the Self, and keeps you stuck in emotionality and drama, which prevents the chakras from exploding into sphere of higher intelligence. The wounded heart stops your evolution in its tracks, and it sustains an outer reality of hostile forces. The true Heart has the power to change realities.

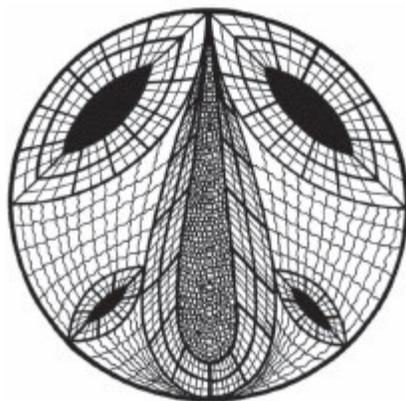
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*The ascension attitude for transcendence of the needy heart is **appreciation**, that is cultivated from the combination of all other perspectives and is strong in the one who has the god perspective.*

- ⌚ I release the tyranny of emotionality and woundedness, and let my Heart feel profound universal love and innocence.
- ⌚ With Heart engaged, I see behind all appearance at the Face of divinity. The heart/eye that sees divinity beholds the Infinite Being looking at me.
- ⌚ As I uncover divine perfection in each moment, I bring the fullness of the moment to expression.
- ⌚ I create my reality through the resonating emphases of my Heart.
- ⌚ My listening Heart hears the currents of life through appreciative poetic perspective, and I thereby shape my life as a work of art.
- ⌚ All are blessed through my Heart's conscientious presence.
- ⌚ In full aware participation from the appreciative observer self, I tap into never-ending sustenance
- ⌚ Through the appreciative heart that sees behind appearances, I continually unleash blessings and resources that were previously trapped in density. Such is the potency of my Heart.

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