

# love, freedom & breakthroughs

By Rosalie Deer Heart

*If you align with your ego, the future will be crowded with disappointments, struggles, and karmic pain. The choice is yours.*

Love lurks everywhere. Love is a rainbow bridge that connects us to God. Love melts all that does not resonate with its frequency. Love is for giving and love is forgiving. Love is an ever-expanding spiral. Love asks for everything. Yet without love's presence, we are nothing. So love's only question is: how much love and light do you dare to embody? I invite you to wrap your knowing heart around the following questions:

What would happen if you surrounded yourself with forgiveness for any mistakes you have made from the beginning of time?

What would happen if you banished fear from your consciousness?

What would happen if you released karmic past lifetime overlays and let go of all stored up emotions in order to live your present life more fully?

What would happen if you accessed your unique energetic soul blueprint to assist you in fulfilling your emergent evolutionary soul purpose?

What would happen if you remembered how to access your healing blueprints and accepted responsibility for your own wellbeing?

What would happen if you chose, in this moment, to make the remainder of your life a prayer and dedicated your life to serving the emergent future?

## love

Our hearts cannot be open and closed at the same time, just as love and fear cannot occupy the same space. Each time we give or receive love, we increase our connection to the high heart and the soul and decrease our sense of separation. Any time we close the heart, we are cutting off access to the flow of love. It is no longer helpful to close hearts down to create a boundary, to nurture a grudge, or to protect ourselves. Love is our protection. It is not necessary to invite everyone in. It is only essential to remain open to the endless flow of love, inspiration, and grace.



Each time we close our hearts even a little, we eclipse our present, as well as, our future. To the degree that we shut our hearts down, our ego cheers and assumes even more control of our experience and expression. Ego is invested in power, not love, unless it is the love of power.

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*The power of love is connected to our essence.*

*Love is the key to our authentic self.  
Love is the midwife. Love is the catalyst  
that moves us beyond ego to essence.  
An open heart keeps the dimensional  
doorways open.*

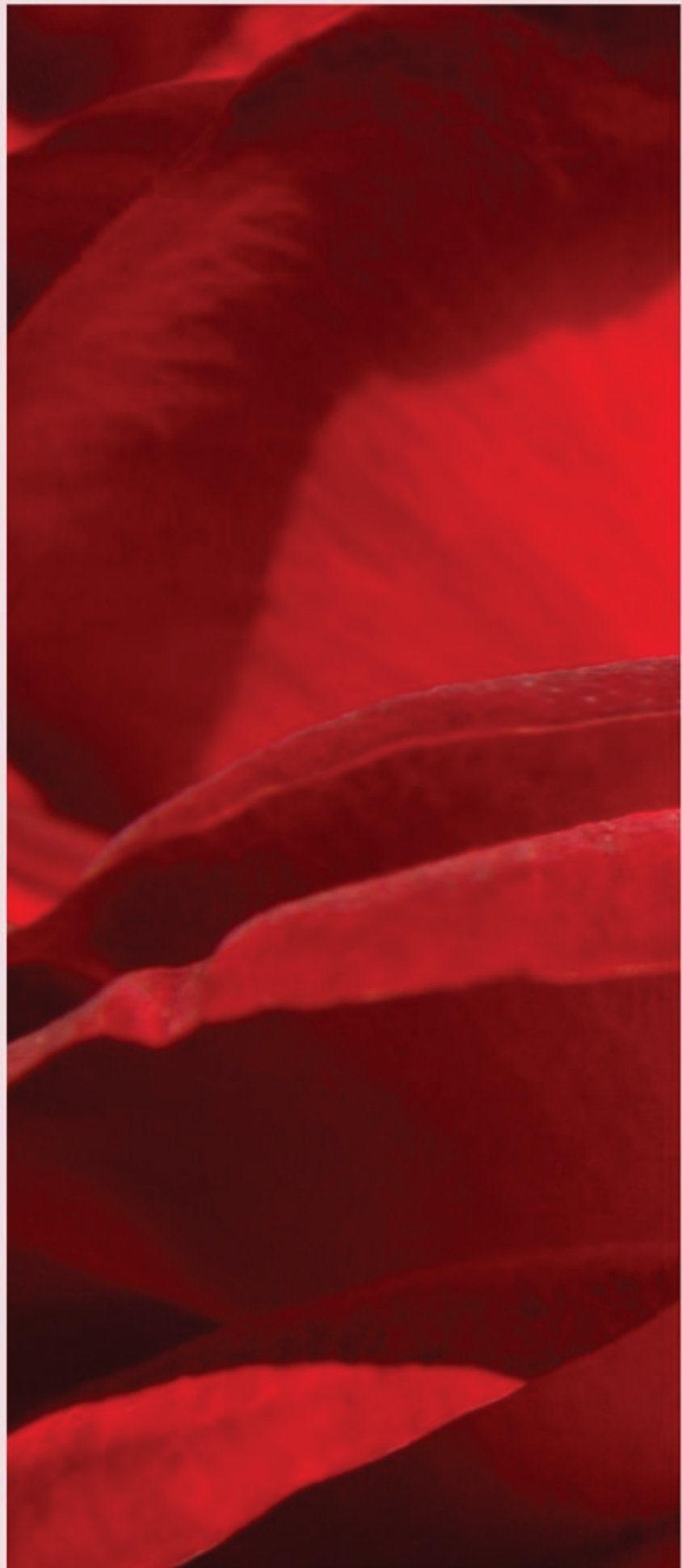
The choice to reside in the spaciousness of the high heart is the route to self-empowerment and soul empowerment. Spirit merges with our humanness through the heart. Spirit is connected to our life force, and it yearns for its own evolution through us. According to Alan Jones, author of *Soul Making: the Desert Way of Spirituality*, "Things of the spirit operate by different laws than those of the material world. Sharing diminishes material goods. Spiritual things like love, joy, peace are increased, not diminished when they are shared."

When we lift our energies from our human heart to our high heart, we connect with our guides and teachers. They are in our energetic field to remind us of love. High heart is the seat of unconditional love as well as unconditional thinking. Positive emotions of hope, happiness, wonder, passion, and creativity can pour out when we are centered in high heart.

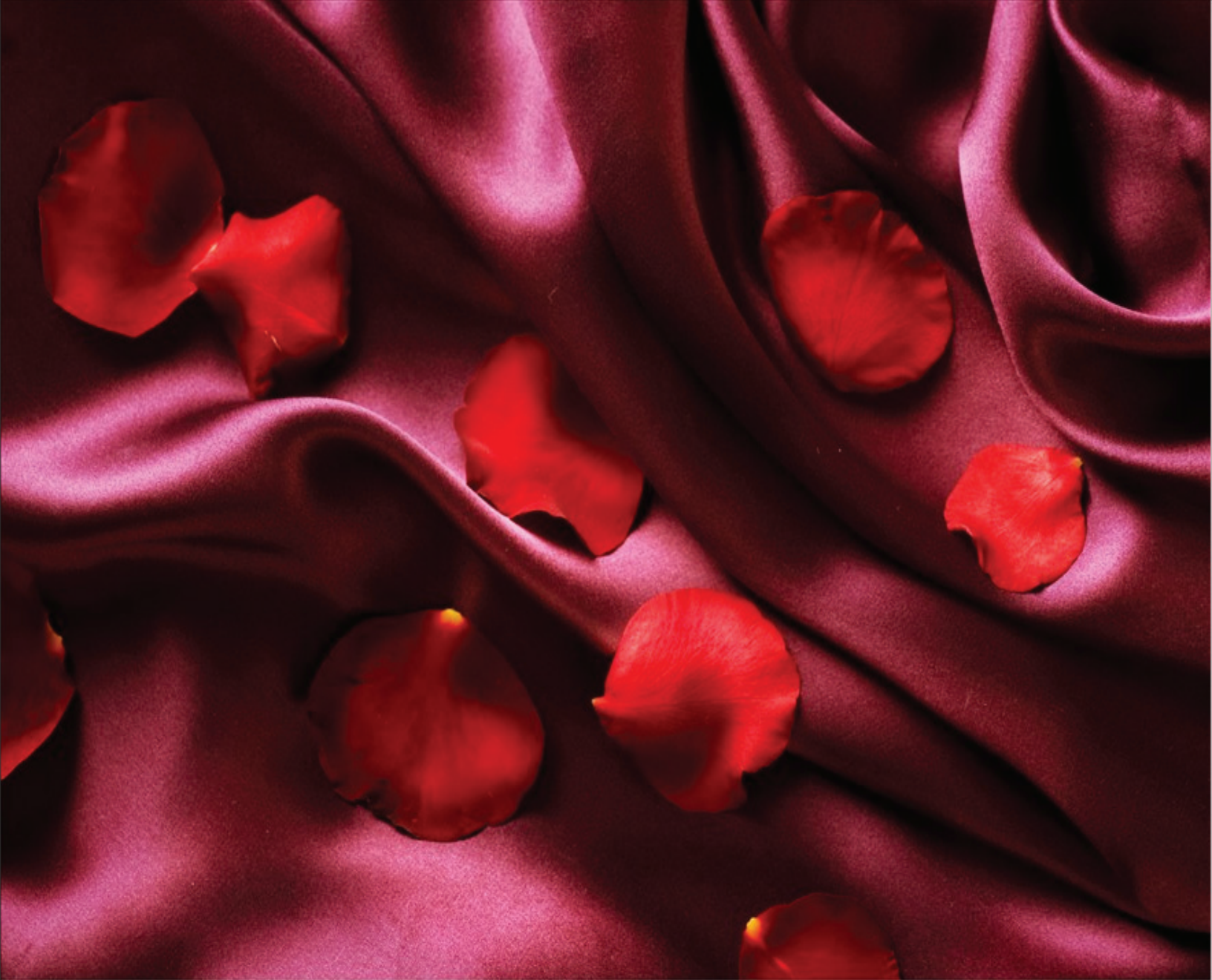
- Take a moment and breathe into your high heart to access your inner voice and wisdom. Close your eyes and take a deep breath.
- Write down the following question, "What does my heart want to tell me right now?"
- Using your non-dominant hand, begin to take dictation from your high heart. If you run out of words, breathe into your high heart and write, "thank you, thank you, thank you," until the words begin to reach you. Once again, use your non-dominant hand to record your high heart's wisdom.
- When you are finished, reflect on what you have written. Then, lovingly read your guidance out loud.
- If you are willing, make a commitment to put the words of wisdom into action immediately. What is one thing you can do right now?

Truth is a frequency, and our souls respond to truth. High heart is the doorway to all that is. The high heart is the opening to loving, forgiving, and extending compassion to our selves. To move beyond ego and access soul empowerment, we need a motivator that is stronger than our embedded ego. Soul is that power, and it is connected to your high heart.

Give a 51% vote to your high heart, the seat of your intuition. Let your heart direct the purpose of your life.







## *freedom*

According to the Buddha, there are three kinds of feelings: pleasant, unpleasant, and neutral. All three have roots in perceptions of mind and body. Centuries ago, he counseled followers to seek out the source of their upsetting emotions, because all feelings are impermanent. He believed that almost all painful feelings have their source in an incorrect way of looking at reality. When you uproot erroneous views, suffering ceases..

Allow yourself to feel what you are feeling fully. Express your feelings to avoid a build up of emotional toxins in your body. If you choose to deny or block your emotions, you constrict your blood flow and deprive your organs of vital nourishment. Each time you choose to numb feelings, you numb yourself.

*Fear is like a shadowy force hiding under excuses, criticism, need to control, worry, and feelings of emptiness. It is words, concepts, and beliefs that keep us afraid.*

Daily fears are based on anticipating shame, hurt, uneasiness, emptiness, sadness, or grief. When someone causes a strong emotional reaction that does not make sense in the present moment, take a deep breath and begin to ask creative questions, such as:

- What unconscious aspect of my personality is this person mirroring for me?
- Is this person bringing up a prior emotionally charged experience that I have buried?
- When have I felt this feeling in the past?

Fear diminishes your personal power and alienates you from your soul as well as your relationships. Fear is a biological response. It also produces painful emotions such as anger, jealousy, grief, and vengefulness. Fear is a reaction to perceived danger and often manifests itself by momentary freezing or feeling stunned. Since fear is a conditioned reaction, it is usually attached to a younger aspect of yourself. Ask yourself, if your greatest fear happened, then what? Keep repeating "then what?" until you can laugh at yourself.



The common universal fears include:

- Fear of abandonment
- Fear of not being enough
- Fear of the unknown
- Fear of the future

Instead of being controlled by fear, you have the inner resources to create new neuro-networks when you shift to the love response and emotional self-care instead of the stress response. Once created, they grow stronger and expand.

• Take a few gentle breaths, adopt a friendly, inquiring attitude, and breathe into your high heart. When you feel centered in your heart, ask:

- What fears continue to control me?
- What events or people trigger my fear-based reaction?
- In what situations do I allow my fears to keep me small and contracted?

As the brain is to intelligence, so the heart is to emotional intelligence. Feeling will inform you. Emotions are always driven by a concern. We fuel our thoughts through emotion. In fact, emotions unite the mind and the body. Have you noticed that your most pervasive thoughts are typically fueled by the greatest intensity of emotion?

## Breakthroughs

*Consider a breakthrough a move toward your own future and a place where you access even more of your divine potential. What happens after a blast from the infinite?*

This is the time of ending the trance of your past and daring to explore the edges of your universe. Expect the pull of the past to be present after your epiphany. People who love you will continue to expect you to be available for them in the old familiar ways. Others may intuitively realize that you are different, and although they may be intrigued, they also may be frightened or resentful. Making an intention to continue to expand your spiritual growth is essential.

There is deep truth in the response to the question, "What do you do after a transformation has occurred?" You "chop wood and carry water." Once you have made a breakthrough, you have a responsibility to your expanding consciousness to continue to create further evolutionary opportunities. If you were blessed by creative breakthrough, you have a responsibility to continue creating. If you were blessed with a breakthrough in your thinking, you have a responsibility to continue keeping your mind open and receptive for more epiphanies. You are a vessel for evolutionary consciousness, and the universe loves a volunteer! Your ability to continue catching inspiration will be compromised if you act as though the Divine has not seized you.



*Rosalie Deer Heart celebrates life in all of its dimensions. She believes that the less we risk, the more we lose when we win. Her careers bridge many facets: teacher, psychotherapist, author, minister, sculptor, and licensed medium. She savors love, peace, nature, creativity, and stars. Rosie lives in Maine with her daughter, two grandchildren, and three cats. For more information about the We Are Peace Project:*

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