

Freeing Your Heart

By Jamye Price

Why Freeing Your Heart?

A key part of Ascension is your heart/mind unification, which creates a coherence in your energy field. This unites your two most powerful electromagnetic fields, your heart and your mind. *Freeing Your Heart* opens your life to this creative flow. As you do this:

- Synchronicity abounds because you're open to the flow of subtle information, receiving support from your subtle field that builds your physical experience.
- Fear, disappointment and resistance are nurtured into a quiet courage that flows into your life like water through the path of least resistance.
- You readily navigate positives *and* challenges as growth opportunities, allowing your mind to follow your heart's passion.
- You begin to emanate the pure potential of Love into your life more easily, which is your divine birthright.

This exercise is designed to help you cultivate the courage to let your heart lead your life, and soothe your brilliant mind into following your heart. This document contains details about each part of the exercise, a quick reference that you can use once you feel clear about the process, and a simple example.

Your divinity has always been within; you merely *Free Your Heart* to manifest it here on Earth. Thank you for your courage to evolve the human experience through Love, Lightworker!

Much Love,
Jamye

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How to Use this Exercise

I recommend using this exercise when things are easy, because it's helpful to get some practice when you're not too off-balance. But especially use it when things are challenging.

Give yourself some time to get quiet and connect with your feelings and thoughts. *Don't sensor yourself and suppress negative thoughts or feelings.*

Be aware of any additional information surfacing over the course of days following this exercise, and observe any interactions that stir up challenging (or less than neutral) reactions within you. **This is the gift of reflection that Life offers you to become a more empowered creator.**

If you have the *Cosmic Consciousness Ascension Deck* (which is not necessary to do the exercise), you may want to pull some cards to expand your clarity and healing, and use the guided meditation bonus that came with the cards.

Using Healing Decrees and Questions

You will find healing intentions or questions with each step. These will initiate release and activation through your Higher Self. Each time you do the exercise, the intentions and questions are responding to your current needs. *Pay attention to subtle clues as you slowly repeat the words.*

Do you notice any physical indicators like tightness in the throat? Do you notice any thoughts or emotions that arise like a pleasant or unpleasant memory? Any other intuitive or psychic data?

Some are reflecting changes needed, some are reflecting what you will be manifesting. Embrace both as the helpful gifts they are. You may want to take notes as beliefs, fears or answers surface.

You don't have to be a professional healer to set your intentions powerfully and speak to your energetic information.

If you have any questions or comments, please email info@JamyePrice.com.

Enjoy the process!

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Details for Using the Exercise

Preparation

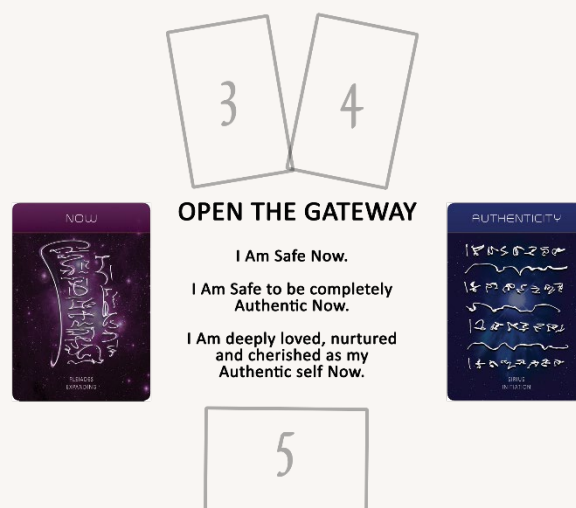
Sit in a quiet place of focus. **Before you begin, think and feel briefly about the experience that has stirred you up.** This could be positive or negative. Your ultimate intention is for more clarity, courage and choice so that the desires of your heart are free to manifest into your life and this world. Sometimes that path is amplifying the positive, sometimes it is releasing the negative.

How do you think and feel about it? How do you want to feel? If there were no limitations, what would you like to experience? You may want to journal to allow more information to surface.

Step 1 – Open the Gateway of Your Heart

This first step of the exercise opens the gateway (your heart chakra) of your infinite power: your Love. By setting the intentions below, you are bringing yourself into a state of support and safety-nurturance. Don't suppress any thoughts or emotions. Allow them to surface for healing. **Take a few deep, relaxing breaths. You can place your hands on your heart if you like.**

Repeat: “I Am Safe NOW. I Am Safe to be completely Authentic Now. I Am deeply loved, nurtured and cherished as my Authentic self Now.”



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Step 2 - Transformation

In my opinion, this is the most powerful aspect of the exercise. *This step changes all of your energetic information.* This is an essential part is opening your upper chakras to align you with your divine nature, which tunes you into cosmic law rather than just physical law.

Too many are out of balance with the cycles of *give* (Surrender) and *receive* (Acceptance), the full flow of creation. If you notice resistance to these terms, that's ok. As you deepen your understanding of them from a neutral perspective, they become easier to navigate.


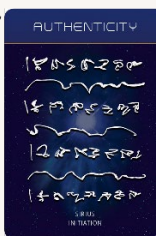
As I worked with it personally, I discovered resistance to Acceptance because I (mostly) unconsciously expected I would have to Accept all the bad stuff in life, take on more "things I don't want" in order to strengthen. While I did sometimes have to Accept some undesired truths, not only did those become empowering (which I expected), but *most often* I was Accepting higher truths.

As you ask yourself these questions, make note of anything that surfaces, positive or negative. You are releasing the negative and amplifying the positive as you continue the exercise. If you find that many layers surface or a few pass-throughs are needed for this step, take the time to support your transformation.

TRANSFORM



What do I need to Accept Now? What do I need to Surrender Now?

 <p>NOW</p>	OPEN THE GATEWAY	 <p>AUTHENTICITY</p>
<p>I Am Safe Now.</p> <p>I Am Safe to be completely Authentic Now.</p> <p>I Am deeply loved, nurtured and cherished as my Authentic self Now.</p>		

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Acceptance (Transformation Continued)

Acceptance is a courageous state of allowing (receiving) “what is” because what is in the current moment has manifested from the information of the past. With Acceptance you are acknowledging, even if it is unconsciously, that *you are capable and you are supported* to navigate change.

Acceptance is not giving up; it is *owning your power and your responsibility to consciously create*. The energy of Acceptance initiates a path of change because what was previously avoided becomes accessible as courage, determination and capability.

Step A: What do I need to Accept Now?

What do you need to Accept in order to change this situation?

Is it an idea about yourself, another person(s) or life in general? Is it Accepting a situation or a loss? Is it Accepting change, responsibility or a higher truth?

You are Accepting (receiving, taking) your capability, your strength, your divinity, and your support from a universal flow that builds worlds. You were born divine and inherently capable of all that has come into your life. Your very existence is proof. Please enjoy this powerful step of understanding yourself more deeply.

If you encounter resistance to Acceptance, nurture yourself. This is the real work of Ascension, and it can be harder than avoidance or suppression at times. **Have a loving conversation with your ego.** You can use your own dialogue, but this gives you an idea of how to soothe your ego into easier change.

“Of course it’s uncomfortable/scary/unusual to Accept [insert topic]. Thank you for keeping me safe! I know we’re safe to Accept this Now, because we are capable of navigating this change now. We weren’t always (like when you were very young and forming beliefs unconsciously), but we are now. Thank you sweet, ego. We’ll keep each other safe as we move through change.”

Surrender (Transformation Continued)

Surrender is a courageous act of letting go of what no longer serves you. It is letting go of unhealthy control and futile pushing. Surrender opens you to new information instead of the relentless pursuit of harmful, unattainable or unripe outcomes. *It creates freedom within you.*

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Surrender loosens your human ego (your will) from control and allows *your divine will* to weave into your experience more. I often repeat the mantra from the Cosmic Consciousness Ascension Deck, "I surrender my (human) will to (my) divine will." It is a powerful assistance to open you to new information by releasing fear, trauma, weakness, victimhood, resistance and confusion. *It changes you.*

Step B: What do I need to Surrender Now?

What do you need to let go of in order to change this situation?

Is it outdated beliefs, behaviors or situations? Is past hurts or future fears? Is it control, resistance or lack of trust? Is it a pattern of over sacrificing, denying or worrying?

Let go of what no longer serves you. The ego resists this because *what ever* is occurring, you're alive, so change is a bigger unknown. Again, if you encounter resistance, nurture yourself. Have a loving conversation with your ego as noted above.

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Step 3 – Choice

Here you stand at the threshold of the gate, it is now open. What will you choose? Choice is the vehicle of change. It initiates movement—first within—then externalized into the world of form through action and experience.

Ask yourself: What does my heart Choose to experience?


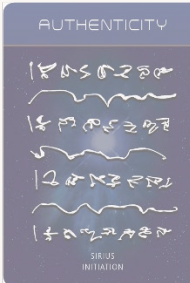
How do you know what your heart wants versus what your head wants? Your heart wants experience, your head wants outcomes (only the good outcomes!). Your heart wants the journey, your head wants the destination.

This may seem as if the head has been the problem all along. Quite the contrary, it is a brilliant mechanism of linearity. When the mind *follows* the heart, it doesn't get lost in trying to figure out the formless, timeless unknown nature of life. It gives a linear path of form to the desires of your infinite heart.

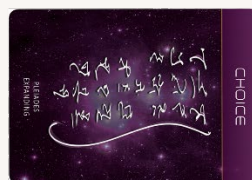
TRANSFORM



What do I need to Accept Now? What do I need to Surrender Now?

	OPEN THE GATEWAY	
	I Am Safe Now.	
	I Am Safe to be completely Authentic Now.	
	I Am deeply loved, nurtured and cherished as my Authentic self Now.	

THE THRESHOLD



What does my heart Choose to experience?

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The Exercise

1. Preparation

- What situation are you healing? (Or just allow whatever is for your highest good)

2. Open the Gateway

- I Am Safe NOW.
- I Am Safe to be completely Authentic Now.
- I Am deeply loved, nurtured and cherished as my Authentic self Now.

3. Transform

- What do I need to Accept?
- What do I need to Surrender?

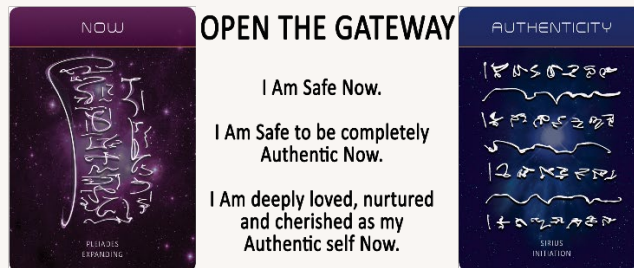
4. Choose

- What does my heart Choose to experience?

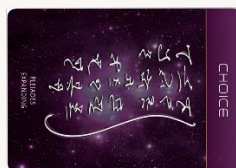
TRANSFORM



What do I need to Accept Now? What do I need to Surrender Now?



THE THRESHOLD



What does my heart Choose to experience?

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Example: Release Constant Worrying

Preparation: What situation are you healing? (Or just allow whatever is for your highest good)

I worry most about...mistakes, my boss yelling at me, quitting without another job. I notice it happens most at night. I notice if I watch news I get more worried.

(Details help to surface things into your Awareness, but you don't need all the details to be able to heal).

Step 1: Open the Gateway

Repeat, "I Am Safe NOW. I Am Safe to be completely Authentic Now. I Am deeply loved, nurtured and cherished as my Authentic self Now."

I don't feel safe, but I did cry on the last sentence. I feel like I lost out on a fun childhood, I wasn't well-prepared for life and my parents abandoned me emotionally and made it all about them. I feel like my bad boss is their fault. I felt angry at them, then as the tears started to complete I feel like I'm stronger than they were.

Step 2: Transform

Ask: "What do I need to Accept? What do I need to Surrender?"

I need to Accept: responsibility for my mind focus, phone distractions at night aren't healthy – I need more discipline, I deserve to be respected by my boss, I deserve to have a safe working environment, my boss is like my mother was, I enjoy nature rather than news, I can choose quiet walks outside to calm myself...

I need to Surrender: unregulated phone distraction, avoiding my boss, staying quiet when I'm angry, victimhood about my parents – they did the best they could and I'm a better parent already, worrying about things that are out of my control, worrying about every one else all the time, letting old scenarios rule my mind focus, feeling abandoned by life.

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Step 3: Choose

What does my heart Choose to experience?

My heart wants to experience enjoying my work environment, feeling good about my childhood, sleeping well at night.

Sit with the information and feel whatever surfaces with what your heart Chooses to experience. It is a future manifestation potential AND a present moment inner experience. Let any thoughts or emotions show you what is releasing (negative/challenging) and strengthening (positives). As you go through your days following the exercise, remind yourself of what your' heart Chooses and initiate it. For instance, "enjoying my work environment" will likely mean reminding yourself to focus on the positives that are available, like a nice co-worker, subtle changes in your boss, subtle changes in how you are experiencing your boss. Over time you will find that you have a new set point for dealing with positives and challenges.

Thank you

I hope this exercise helps you to create more strength and clarity within to allow your heart to create your life more. The application of this is key to embodying your divine creative flow and impacting the human experience to access Love rather than fear more often.

If you want more support moving through this time of Freeing Your Heart, you will find classes, audio downloads and a year-long Journey with Jamye into more empowerment with Freeing Your Heart. Visit JamyePrice.com for more information.

Thank you for your courage to change, Lightworker! It's what *really* transforms the human experience.

Much Love,
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TRANSFORM



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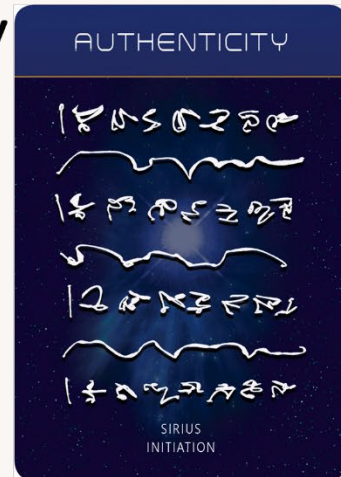


OPEN THE GATEWAY

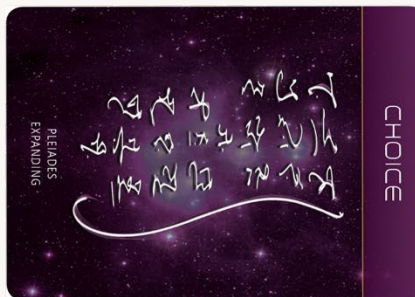
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I Am Safe to be completely Authentic Now.

I Am deeply loved, nurtured and cherished as my Authentic self Now.



THE THRESHOLD



What does my heart Choose to experience?