

Your Empowered Heart

By Jamye Price

Your heart is the most powerful electromagnetic field in your body. When your heart is empowered, you are unifying your heart/mind complex, which helps you navigate your infinite divine nature into the finite human experience. It brings more love to this world. It improves your life, and ripples out to all life. It's important. You have an immense power of love within you. Follow it.

In Light,
Jamye

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; this is the initial healing phase so that your creations become more positive.

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. You can also use the guided meditation bonus that came with your cards to clear and activate you.

You will find some healing intentions after each step. You can do them at the end of the step, or you can wait until after you've finished the four steps. You don't have to be a professional healer to set your intentions powerfully and speak to your energetic information. If you do healing work, use that to augment your intent.

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

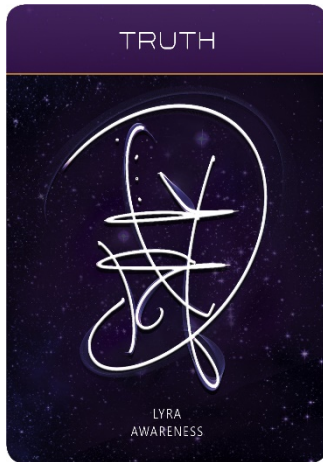
Before you begin, think briefly about the experience that has stirred you up. This could be positive or negative, your ultimate intention is for more clarity, courage and choice so that the desires of your heart manifest into your life and this world.

Notice any physical sensations in your body, any psychic or intuitive information that flows, and especially the thoughts and emotions that arise. Some are reflecting changes needed, some are reflecting what you will be manifesting. Embrace both as the helpful gifts they are.

Enjoy the process!

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What is the Truth of my heart in this situation?

Let the layers surface up into your Awareness. Be sure you aren't suppressing anything negative like hatred or anger, because when it comes up into your awareness, *that's when you can transform it.*

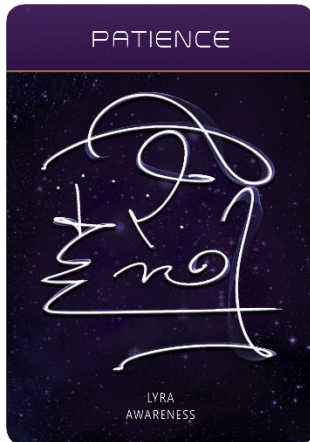
Let your feelings flow freely. These may be reactions to the situation, and what you would rather feel instead. Let your heart express.

After you've surfaced some Truth of your heart, whether positive or negative, build the momentum by repeating this healing mantra, or one of your own. Then move on to the next step.

Healing Mantra: I honor the Truth of my heart.

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Can I neutralize and be patient for change?

Don't worry about being perfectly neutral immediately. Let yourself move through the emotional and mental awareness and release to create genuine neutrality. Neutrality is not "I don't care," it is an open (heart and mind) state that is highly creative because it is a state of knowing your safety and capability, even if you don't have the answers yet.

It's important to soothe the mind so that patience allows your heart to flow freely. Find some soft statements that you believe that feel better than the thoughts and emotions you are currently feeling around the situation. Things like, "This is giving me better clarity. Life is always improving. This is just temporary. I'm safe to make changes. I don't have to decide action right now."

Healing Mantra: I am safe to change at the perfect pace.

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Can I find empowered compassion for this situation?

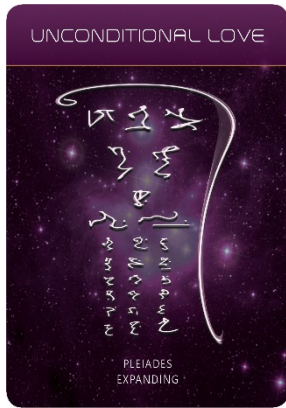
In this instance, it is compassion for the situation – our outwardly focused compassion. The next step will support the vital self-love that should saturate every experience. If you find this one challenging, skip to the next step and come back to this later. It should ultimately be reflexive in that all outward compassion is also inward compassion and vice-versa.

Remember to have a leading heart rather than a bleeding heart that depletes you. Practice seeing others through their weakness or pain growing into strength and more love flow. It's helpful to remind yourself that their behavior is about their pain and fear, not you. Remind yourself they are a powerful unit of life that benefits from learning to process their own challenges, so release any energy you have taken on from them. Compassion for the situation is not an excuse to take abuse. Is there a way to lovingly express yourself and hold a healthy boundary?

Healing Mantra: Compassion empowers all involved.

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Am I loving myself Unconditionally in this moment?

Unconditional Love may not always feel like nurturing, blissful love because you might be in a time of strengthening, which is worth it! I recommend placing your hands on your heart and “speaking words of Love” to yourself, just like you would nurture a small child (your inner child). It might be, “Of course you’re upset about this, it’s painful. You are a kind person that deserves to be treated kindly. This situation is not permanent, and it is not a reflection of you. It is just a challenge that will pass and you will be stronger and clearer. You’re safe to let your emotions flow in healthy ways now, and find new solution.”

Healing Mantra: Loving myself Unconditionally brings more love to life.