

Heart Journey

by Mary Juno

Signs of an Open Heart

The goal is not just to attain heart openness, but to remain open-hearted in all situations and to all people, come what may. You have crossed the great divide, so to speak, and you need to stay on this side, in one of these four stages of heart openness. This means you must continue to love others, love God, and also love yourself. Nothing less will keep you here.

Of the four stages associated with an open heart, only two, "Stage Five: Receiving Abundance," and, "Stage Six: Channeling Abundance," involve abundance as previously defined. The nature of abundance changes with "Stage Seven: Spiritual Stress Test and Surrender" and, "Stage Eight: Acceptance and Generation." The process of manifestation through attraction and receptivity also changes in these two final stages because you transition to a higher level of spiritual growth and co-creative maturity. In Stage Seven, there is a materialistic dry spell which can occur for a number of reasons, both internal and external. It is meant to foster complete surrender to Divine intent. All spiritual paths end in surrender and Heart Journey is no exception. By "Stage Eight: Acceptance and Generation," you will have transitioned to a level of peace that you could not have desired, could not have dreamed up. The contentment you experience has nothing to do with material possessions, acclaim, or worldly pursuit. You are simply resting in God's arms.

Stage Five: Receiving Abundance

This is the stage at which everything comes together. The steps needed to combine diverse elements might seem complicated at first. Can you master the ability to pat your head while rubbing your stomach? Even if manifestation occurs spontaneously, you will still need to retrace your steps to understand how the process works if you wish to manifest repeatedly. Let's start at the beginning with a review of the skills you have attained and proceed step by step. Everything you have done up to this point has a purpose related to manifestation.

You have opened your heart to deeply loving self, others, and God deeply. Abundance occurs through an open heart. Trust and interaction with your co-creative Partner must be maintained during the manifestation process so you can adhere to spiritual input. Spiritual input needs to be translated and applied in a descending manner from the spiritual level, to the mental, emotional, and finally the physical plane. Internal harmony creates consensus and conductivity. Any disagreement between levels inhibits the descent.

In addition to inner harmony between levels, spiritual input, thoughts, emotions, and actions together as a coordinated effort must be synchronized to the flow. The flow is still one of the four major components needed for manifestation through attraction and receptivity. You cannot manifest without it. As you have learned, seizing control and forcing things through with a to-do list is not the same. The flow has periods of ease and periods of difficulty and even absence. While

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opening your heart and developing a strong, co-creative interaction with God, your intuition and sensitivity to subtleties increased. Your new found abilities should help you anticipate and understand both positive and negative flow. You need to float downstream, not paddle against the current. This is a crucial distinction in the manifestation process. You have to recognize ease if you are to act in a timely and appropriate manner. You also have to understand difficulty or lack of flow to avoid wasted effort and dead ends. Shifts in the flow are constantly occurring and indicate when to act, what action to take, and when to wait. Flow is like spiritual wind and your heightened awareness developed during Heart Journey has sharpened your perceptions. You can now sense the flow on your own, get cues from your co-creative Partner, or interpret ease versus difficulty.

Translation of spiritual input at the mental level and an awareness of the permeations arising during the descent through the emotional level to the physical plane also has benefit. Your original desire was translated into a focused and sustained thought which must now be tracked and modified accordingly as it descends to the physical plane. One might assume that there is only one focused and sustained thought during the entire Heart Journey and to some extent this is true; however, during the process of manifestation through attraction and receptivity, constant adjustment and refinement of the translation must be made according to changes in the flow, input from your co-creative Partner, and transitions from one level of experience to another.

The establishment of both internal harmony between levels of experience and then external synchronization to the flow is essential to the process of manifesting desire through attraction and receptivity. Ascertaining desire at each level of experience helps you track the descent. Desire descends from spirit into physical formation in the same manner spiritual input and communication from your co-creative Partner descends to physical applications. The process is exactly the same. This defines the skills and elements needed for manifestation through attraction and receptivity. They are:

1. An open and loving heart
2. A co-creative partnership with God
3. Harmony on four levels of experience
4. Synchronization to the flow
5. Desire tempered by surrender
6. A focused and sustained thought
7. Avenue of manifestation

Strong awareness of all these factors hones one's ability to midwife the process of manifestation through attraction and receptivity. Although manifestation can occur in the blink of the eye, this is not always the case. Instead, there may be a constant need for adjustment and navigation on your part. "The Delicate Art of Skillful Navigation," presented in Chapter 16: Troubleshooting the Avenue

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of Manifestation, is a manifestation technique that depends on your ability to facilitate translation on each level of experience while clearing all resistance discovered during the descent. Manifestation is not a slam dunk; it is a process. Sometimes it moves instantaneously with no effort on your part, and sometimes the process demands attention to detail and constant adjustments.

Translating spiritual input into practical applications is akin to translating your desire into your focused and sustained thought. Modifications made in accordance with communications from your co-creative Partner are akin to adjustments made in accordance with changes in the flow. Transmuting negative emotions into spiritual gold is akin to elevating your desire to reflect spiritual principles. Implementation on the physical plane is akin to lending your skills and efforts to the avenue of manifestation. Nothing has been lost in your Heart Journey training. Each skill, meditation, sensitization, and awareness is valuable in the process of manifestation through attraction and receptivity.

Everything up to this point has been preparing you for teachings that cannot be taught. "Stage Five: Receiving Abundance" is the jumping off point. The process of manifestation through attraction and receptivity is actually beyond words and teaching. Despite all the information given in regard to troubleshooting the process, manifestation has to be experienced firsthand to be understood. When you are able to track the process of manifestation from desire to materialization as it moves through the spiritual, mental, emotional levels into the physical plane while staying in touch with your co-creative Partner and the flow through an open and loving heart, you are truly prepared to attract and receive abundance. Beyond that there is nothing you can do and nothing you can be taught.