

Heart Journey

Spiritual Evolution: The Final Chapter

It should be noted how goals, definitions, and processes have evolved since you started your Heart Journey. In particular, the goal of desire has now become demoted and with good reason. The definition of surrender has been refined to include complete surrender without conditions. It is not just a counterbalance used to temper desire. Abundance is no longer strictly material but includes positive emotions, connections to others, and spiritual fulfillment. The process of manifestation through attraction and receptivity has shifted from a conscious process of attracting and receiving to an automatic process of attracting and receiving. And finally, the duality of desire and surrender has led to both manifestation and higher consciousness. These transitions result in major lessons regarding love and spiritual maturity.

Desire versus Desireless

When the importance of desire was first mentioned, there were two types of desire discussed. Desire was either a heart-felt personal passion or the surrender to God's desire, whatever that might be. In the final stage of your Heart Journey, you ceased to work on personal desires and instead desired only what you and God together wished to co-create. Desire is no longer about you; it is about God, or you and God working together. Material abundance is no longer the issue or the goal. Things, per se, don't seem to matter so much. Desire is not about what you can have; it is about what you can be or give. People matter. Service matters. God matters. Your love affair with God is a central force guiding in your life. You are committed to your spiritual growth and evolution more than any material goal or possession.

Ideally, you reside in a state of joyful abundance and use the processes of desire and surrender to stay there. Life is full, yet peaceful. You are not attached to good fortune, but you live it on your own terms. Desire is a positive asset you use wisely and skillfully to participate in life's co-creative process and to foster manifestation into physical form when needed.

On the other hand, you are able to become desireless. This is a step beyond surrendering desire to God's Will. This is more than, "Not my will, but Thy Will." This is truly stepping back with no restrictions and preconceived notions to see what God creates. The beauty of being desireless is that you get to see God move in your life. If you are doing nothing, not wishing, hoping, or asking for anything, but simply waiting and watching for God's move, you create a void. If you hold that space, sooner or later something will emerge, and that thing is of God. You get to see God create and to follow God's lead. This can be a very revealing, life-changing moment in your life.

Definition of Surrender

In the beginning of your Heart Journey, you were asked to compose a contract around your desire. You were to temper your desire with surrender, "Not my will, but Thy Will." Surrender was essentially an adjunct to your contract while desire took center stage. By the end of your Heart Journey the tables have turned and now your surrender is complete. Surrender no longer qualifies desire; surrender replaces it.

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You have grown to discover that God is better at creating than you are at desiring or even imagining. It is to your advantage to follow in all situations rather than attempt to lead or set goals. Divine upgrades are amazing and can take you to some surprising places. It is the wise person who stops making requests, surrenders completely, and instead follows the flow of ease while avoiding the frustration of difficulty. In this sense, the definition of surrender has changed dramatically since you started your Heart Journey. It can now be known that complete surrender is actually a method for attracting and receiving.

Definition of Abundance

In the initial stages of Heart Journey, abundance is usually defined within the context of material desires. Contracts are written for goals that reflect economic gain and acquisition, whether it is a home, car, great job, or money. Nonmaterial contracts might include good health though some spiritual contracts center on a relationship with God and spiritual development.

With time and experience, the definition of abundance expands beyond the strictly material to the ability to see purpose and goodness in every situation. Abundance takes on positive emotional characteristics like joy and peace. Abundance is being authentic, expressing your core self without fear of criticism or rejection. Abundance becomes an attitude, a perspective on life and a way of living fully with or without material wealth. In this sense, the definition of abundance matures along with spiritual growth and extends beyond economics.

The Process of Attraction

It has already been hinted that when you stop desiring and instead surrender completely, the act of surrender becomes attractive. Heart openness associated with complete surrender increases one's ability to attract at an unconscious level. This newfound ability changes the components necessary for manifestation through attraction and receptivity and actually simplifies the whole process. You no longer need to desire or translate your desire into a focus and sustained thought. Concentration, navigation, and attention to detail are no longer essential. You simply follow the flow of ease and the prompting of your co-creative Partner while lending your skills and efforts to the process of manifestation as needed. In this way, attraction has become less of an active process and more of a passive one that you contribute to rather than initiate.

Duality and Consciousness

Great desire coexists with great surrender in Heart Journey. This is a duality that spiritual seekers have used for eons to promote spiritual growth as an alternative to suffering. Suffering as a spiritual path was personified by the Crucifixion of Christ, but there are other paths to understanding and enlightenment. Whenever you hold two mutually exclusive qualities in balanced dynamic tension, two things must occur:

1. There should be manifestation.

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2. There should be a rise in consciousness.

For example, whenever a man and a woman have sex, there can be the conception of a child (manifestation) and the arousal of a deeper love and commitment (consciousness). The man and the woman are very different. They approach and experience the sexual act differently, but still, they come together in balance and in dynamic tension. This creates the dual possibilities of manifestation and higher consciousness.

And so, it is with desire and surrender. When you hold these two mutually exclusive dynamics in equal and balanced tension, the effect is both manifestation and higher consciousness. These are the two results you have experienced on your Heart Journey, and this is why from the very beginning desire was tempered by surrender. It was a lesson to get you to see that what appears to be a mutually exclusive duality can actually be or evolve into a non-dual pairing that fosters manifestation and raises consciousness.

Love and Nonduality

The same is true of actions you take on behalf of others. You and another are dual forces. When you hold your needs and your neighbor's needs in balanced dynamic tension with love and compassion, you create a non-dual situation. Actions you take to benefit another are also beneficial to you because in many respects, there is no difference. You and others are one and the same. You cannot give without being generous. You cannot love without being loving. You cannot mature spiritually without honoring all life. As the Native Americans would say, "Mitakuye Oyasin." We are all related.

Your task is to seek the middle ground in all exchanges, the midpoint that leads to the manifestation of abundance in all its material and nonmaterialistic forms for yourself and others. That same midpoint leads to the generation of higher consciousness when there is a commitment to love. These midpoints are mystical doorways. Along with the principles and techniques introduced in Heart Journey, they are the tools you need to continue on, beyond what can be taught, spoken, or written, and can only be experienced and understood through your relationship with God, the greatest Teacher of all.