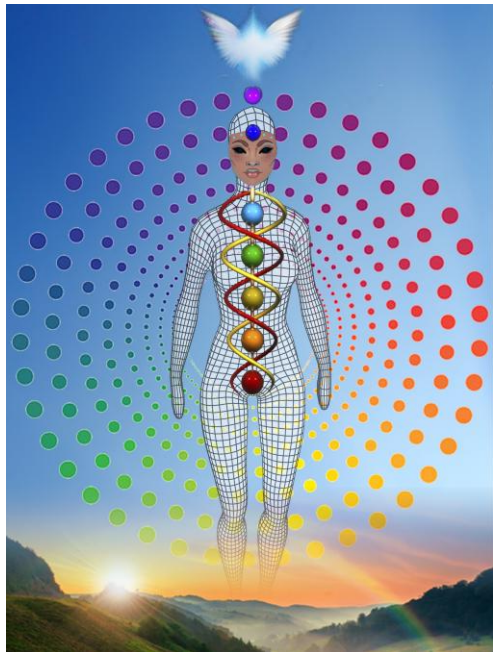


HEART JOURNEY – Signs of an opening Heart

Stage Four: Harmonizing the Four Levels of Experience



Once you have become sensitized to the four levels of experience and their functions, the goal becomes one of inner harmony. The spiritual, mental, emotional, and physical levels need to function as a cohesive whole for the heart to open fully and remain open. Each individual level needs to be aligned with spiritual input and communications from your co-creative Partner. Harmonization is a step-by-step process that begins on the spiritual level, proceeds through the mental and emotional levels to be fulfilled on the physical level. Along the way, there can be no disagreement or resistance.

Spiritual Input and the Spiritual Level

The spiritual level is a wellspring of the best and brightest insights you can bring into the world. It is the standard bearer of positive incorporation of Divinity into humanity. Through times of meditation, prayer, and reflection you have been establishing strong and clear communication with God which you can now use this direct connection to seek guidance on any and all major and minor issues you face daily. Your connection to God as your co-creative Partner and your spiritual beliefs are meant to filter down to the mental, then the emotional, and finally, the physical level where appropriate action takes place. Congruency and consensus between you and God facilitates movement from one level to another and determines the best course of action. As you follow spiritual principles more closely, you begin to represent God in earthly matters.

Thoughts and the Mental Level

Spiritual principles and wisdom akin to the situation or issue at hand must be translated into the most appropriate application. You can have enlightening spiritual input, but unless you apply it in the most appropriate way and in a timely manner, results will be unsuccessful. It is the duty of the mental level through coordination with the spiritual level to comprehend pertinent principles and then translate them into a useful format that can both address issues and guide individual actions. Understanding principles and refining the course of action comes from close communication with your co-creative Partner. The back and forth, question and answer period is crucial when dealing with an important issue. Your feedback and insights into what is and what is not working clarifies directions and refines applications. The process may seem slow at first, but eventually, through awareness and reflection, it should become quicker, smoother, and more effective.

What makes this transition most effective is the logical reasoning on *why* a particular spiritual principle was chosen and *why* a particular application is the best option. This bit of information is a

selling point the mind can use to convince the emotions that the plan is a good one. In this manner, the mind helps spiritual input convey both a lofty motivation and a concrete, beneficial result.

There are times when spiritual input is totally based on faith and defies all logical explanations. This does happen, and unfortunately, at times like this, the mind can be swayed by what it has been taught or told, even if the information is false. This is where trust in your co-creative Partner is invaluable. It enables you to make a leap of faith when necessary. Important too are the communication guidelines around what is, and what is not, a communication from God. Though decisions might be based on faith, they should always reflect loving spiritual principles.

Emotions and the Emotional Level

Once spiritual input has been accurately translated into a constructive thought or course of action, the task becomes one of acceptance and adoption at the emotional level. The mental level as the go-between helps to facilitate this. As frequently happens, especially during trying times or in regard to serious matters, agendas are different once emotions are involved. Communications may bounce back and forth between the mental and emotional levels until an accord is reached. Feelings are either innately compatible with the translated spiritual intent or must be transmuted to a more open-hearted form of expression and higher understanding. In this way, congruency is established between the spiritual, mental and emotional levels. Each step has its own transition to master, but as you work with the awareness of spiritual input, motivation, and the factors associated with the various levels, it is possible to arrive at the physical level with what amounts to a spiritual mandate.

Body and the Physical Plane

Even when a spiritual mandate has progressed to this point, there are still physical hurdles to overcome. Hormones, especially sex hormones can defy all logical and spiritual input. Though it is true that the body should follow and not lead, this is not always the case. Illness or fatigue can derail the ability to act. Rational analysis can seem irrational when it comes down to taking action. "You want me to do what?" You have to ask yourself, are you living from the top down, (spiritual principles guiding thoughts, emotions, and actions), or are you living from the bottom up, (physical needs and emotional reactions directing life and possibly overruling rational thought and spiritual principles). Who is in control here or what is out of control? In the best of situations, the body carries forth the plan and behaves in a manner that is consistent with spiritual input, mental translation, and emotional commitment.

Task: The body is your spiritual vehicle while you are in physical form. It is the means by which you can live a sacred life. Exemplifying spiritual principles while harmonizing the four levels of experience allows the heart to open fully and an open heart increases one's ability to attract and receive abundance.

The unifying commonality associated with all four levels is love, and in this sense, the open heart is the melting pot of physical experiences, feelings, thoughts, and spiritual insights for the purposes of conscious, sacred living. It is the antithesis of fear and the doorway to enlightenment. In the Theosophical tradition, the heart has been called "The Rainbow Bridge," the connection between earth and Spirit, between human and Divine. In the Catholic tradition, the faithful are taught to meditate on the "Sacred Heart of Jesus." In the Buddhist tradition, the compassionate "Way of the Bodhisattva" is seen as the pursuit of enlightenment for the sake of all sentient beings. The heart is central to all spiritual traditions built on love. It is the means by which inner harmony is attained and sustained when thoughts, emotions and actions evolve to truly represent spiritual input. An open and loving heart is also the means by which abundance is attracted, received, channeled, and generated.

Your task for this stage of development is to harmonize the four levels of experience in accordance with communications from your co-creative Partner. Spiritual principles which have been translated into applications at the mental level and supported by feelings at the emotional level should be acted upon in an appropriate and timely manner. The end product should be loving and should result in a truly open heart. This stage is the last step in the process of opening the heart. The next four stages focus on the abilities innate to a loving heart that is fully open.