

Heart Journey

by Mary Juno

Stage Six: Channeling Abundance

There are two important tasks associated with "Stage Six: Channeling Abundance." You should express gratitude for the gifts of abundance you receive, and then you need to let abundance move through you to others. Channeling abundance to others increases your ability to attract, receive, and manifest.

Although you have set the stage for attracting and receiving, and even though you made a specific request stating your desire, in essence you are not the primary force behind manifestation through attraction and receptivity. Despite all the integrating, balancing, guiding, and heart opening you have done, this is still very much God's co-creative handiwork. Flow is, in many ways, the grace of God, the extra special boost that makes it all happen. Some factors associated with flow are a product of the physical plane, (such as seasonal climate, travel time, distance, etc.), but the ease that comes from doors flying open, or being at the right place at the right moment, and manifestations that occur instantaneously without rhyme or reason, are more than just flow, this is also the assistance of Divine grace. The four elements needed for the process of manifestation through attraction and receptivity can now be understood as:

1. Desire tempered by surrender
2. A focused and sustained thought
3. The avenue of manifestation
4. Flow and grace

Be grateful for the grace and assistance you have received. It does not diminish the hard work you have put into your Heart Journey mastering skills for the purposes of cleansing (eliminating negativity), involution (infusion of spiritual input from your co-creative Partner), evolution (becoming more enlightened), sensitization, (to the invisible realm), and facilitation of the process of manifestation through attraction and receptivity that still depends on the grace of God.

Working with God as your co-creative Partner over these past weeks and months has allowed you to enter into a personal relationship with God and receive God's love and grace directly in the form of manifestation. You have been blessed and you need to express your gratitude for each manifestation you have received and continue to receive regardless of the amount of effort and skills you contribute to the process. The manifestations you have been experiencing are likely to be miraculous in some way. See this process for what it is and be grateful.

Also, be grateful for the less obvious, nonmaterial blessings you have received. You have grown and matured spiritually through the establishment of the co-creative partnership with God. This direct

relationship has initiated you into the path of mysticism. Mysticism can be defined both as a spiritual discipline aimed at communion with God and the belief in the existence of realities beyond perceptual and intellectual apprehension that are accessible by subjective experience, such as intuition. As stated from the very beginning, Heart Journey is a mystical journey wherein the ordinary person living an ordinary life can experience God the Beloved. As stated in the opening line of this book, "Heart Journey is first and foremost a love affair with God." Be grateful for how invaluable it is to have God's love, insight, and guidance in your life.

At this point, you should be a happier person than when you began your Heart Journey. The process of manifestation necessitates cleansing your thoughts and emotions of negativity to create congruency and lovingness. The co-creative partnership with God has been inspiring and enlightening. As a result, you have changed. Heart openness has enabled you to experience more love for others in your life, especially those you are closest to, family members, partners, and friends. Perhaps you mended a relationship or two along the way, forgave someone and healed an old wound. You might have eliminated a lot of the unnecessary drama. Interactions can be more rewarding and fruitful. If you have more joy and peace in your life, this is also a gift. You may have worked to get here, but you did have help. Be grateful.

And finally, your reality has also changed markedly. The landscape used to consist of what you could see, hear, smell, taste, and touch. That is no longer the case. There is so much more. Be grateful for your expanded, integrated, enlightened experience. You are not alone.

This stage is called Channeling Abundance with good reason. As you attract, receive, and manifest, you probably have more love and abundance than you can contain. Don't even try. It will and should naturally spill out of you and become abundance for those around you. It may take a material form or it may flow to others in the forms of joy, peace, enthusiasm, kindness, healing, and/or love. Abundance and grace from God is meant to flow into the world. You are meant to be a conduit, not a vessel. In fact, the more you give at this stage or allow to flow through you to others, the more you will receive.

Grace takes on form by becoming abundance in all of its permeations. It becomes contagious by infecting others with hope. It can spread like wildfire without preaching or religious commitment. It travels on the wings of kindness and uplifts those around you. It is your task to stay whole, balanced, harmonized, synchronized, open-hearted, and in touch with your co-creative Partner. Remember to open when you would close, receive when you would refuse, give when you would deny, and surrender the results. Do not limit your ability to receive for any reason. That may sound obvious, but in practice you might put up subtle barriers to abundance. Accept all that is coming to you and then pay it forward.