

A W A K E N I N G T O W H O Y O U A R E

Meditations on the Heart

Mary's Guidance on the Urgency of Awakening to Who You Are



In the Oracular Tradition

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Sharing the Sacred Journey

The Vision: In 1987, while meditating, I saw a brilliant white light traveling toward me at great speed. In the center of the light I noticed the presence of a beautiful female form. Startled and surrounded by this presence, I asked, "Who are you?" In response, I heard, "Mary." "Mary who?" I asked with some trepidation. "The Virgin Mary," was the reply. Feeling her presence around me over the next several days, I finally, with my friend Marilyn's encouragement, sat in meditation to listen for why she was here, what she was asking of me. Mary responded that she was in need of healing and that she wanted me to share her message with others. Over time, I developed a fluency in a kind of Oracular communication, sharing Mary's message and her love. Mary has stated that it is urgent at this time that she reach as many people as possible in order to open our hearts to Who We Are. She has stated that she must reach people both within and outside the Christian tradition. She says that she is undergoing a transformation whereby her image, power and presence are evolving and expanding. She says we are all part of her transformation, and when she is welcomed into our heart, there is a mutual healing that takes place. When she is awakened in our heart, a radical shift in consciousness occurs as we become aware of our inner Divinity and the power of Love. As our awareness is increased, Mary's presence and power in the world are simultaneously expanded, and by this mutual awakening, the entire world is affected by a new consciousness, which has as its ultimate purpose the salvation of the world through Love.

The Oracular Tradition: What is known today as "channeling" is actually an ancient sacred healing art rooted in the Oracular Tradition. It is much more than a New Age phenomenon. It is one of the ways Divine and Mystical energies have always communicated with humankind. From an historical perspective it is a discipline that has existed in many cultures, within many different healing systems, for thousands of years. Those who spoke the Oracles of ancient Greece were in this tradition. Shamans throughout the ages have invoked, embodied and become one with spirit helpers for the purpose of sharing healing and spiritual wisdom. For over 800 years a state supported oracle has been part of the spiritual tradition of Tibet. Buddhism and Sufism have meditation practices that are structured to invoke the presence of a spiritual master with whom one can merge, awakening the Divine wisdom and presence within.

When I call upon and welcome the beautiful energy of Mary, I first sit in quiet meditation and ask that the bodhisattva presence be awakened in my heart and mind and body. I then call upon Mary and see her appearing and gently merging with me. I feel imbued with a radiant and loving presence, which stretches and fills me with a perceptive light that embraces everyone present. The usual constraints of my own personality disappear, and the qualities of compassion, joy and insight are magnified. I never lose my own consciousness in the process, yet during the meditation there is no definite place where Mary begins and where I end. We are intertwined and wholly within each other.

The truth of whether this is the historical Virgin Mary or whether I am tapping into an archetypal matrix of energy that is Mary or an archetypal presence and personality within my Soul is ultimately a mystery. It is my experience that archetypal energies do ask for our participation in their ongoing evolution as part of the development of consciousness. The mutual longing of the Divine to awaken within the human heart and of the human to be touched by the Divine is an ancient longing.

The Dream: In 2007 as I was contemplating bringing this work to the public again after a hiatus during which time I had completed my training as a depth psychologist, this dream came. For me, the dream blessed the work and anchored it in the Oracular tradition with which I am most at home. I share it here.

I am at Carnegie Hall preparing for a Mary Meditation. Many people are arriving: families and spiritual seekers of all kinds. I am surprised by the number of people arriving. As I walk onto the stage, from upstage center, I unexpectedly hear Tibetan horns and cymbals and drums. I look to my left and see the stage lined with monks dressed in colorful ritual robes of reds and oranges and yellows. They are all looking at me. I am touched by each one's warmth and presence. I look ahead and see, sitting on a stool at the front of the stage, the Dalai Lama. I am walking directly toward him. I think, "Oh, that's why all these people are here. The Dalai Lama is conducting a ceremony."

I continue walking toward him, the sounds of the horns and the cymbals surrounding me. I look directly into the eyes of the Dalai Lama. Everything else disappears. His eyes are warm and open and sparkling. He is smiling. His whole being is welcoming me. I feel calm and centered and at peace. I become aware this may be a ceremonial blessing of my

work with Mary. I know that when I reach him, I will bow at his feet. I realize that when I bow I can ask him this question: "Is this really Mary?" He will tell me the truth. I kneel and bow my head before him. From within the depths of my heart I ask the question. I wake up; or rather I am awakened. The horns and symbols and drums are still resonating around me as I awake.

What was the answer to my question? As with Buddhist koans, the answer contains aspects not accessible to rational understanding, but only to intuition. For me, the answer is that the question must stay alive in my heart as this journey unfolds. The answer is also that the work is about awakening; my own included. Accepting the dream as an inner anointing and announcing of my work with Mary to a larger audience, I share these messages with you, as they have come through my heart awakened by Mary's love.

About Meditations on the Heart Series: Many of the meditations and messages in this series: *Meditations on the Heart: Awakening to Who You Are, Heal the Earth; Heal Yourself and Transforming Suffering*, first emerged in the *Mary Meditation* group which meets monthly in the Los Angeles area for the purpose of individual and world healing. The meditations have since been formed, with Mary's guidance, into those that form this series. They are intended to be read many times and shared with others, perhaps in healing and prayer circles. As you will discover, they involve the spiritual "practice" of expanding the heart as a force of love. They are personally transforming while encouraging us to become agents for healing and peace.

In Gratitude: I extend my gratitude to each person who has shared his or her heart with us over the years in the *Mary Meditation* Groups. The love and healing generated in these gatherings is powerful and is present in these pages. And finally, I offer my gratitude to Marilyn Browning, my companion in this work. Her persistent belief in its importance has been crucial for me. You will feel her presence through the beautiful photographs and the design on these pages. Together *we* invite you to share this sacred journey.

---Lisa Sloan, Ph.D.



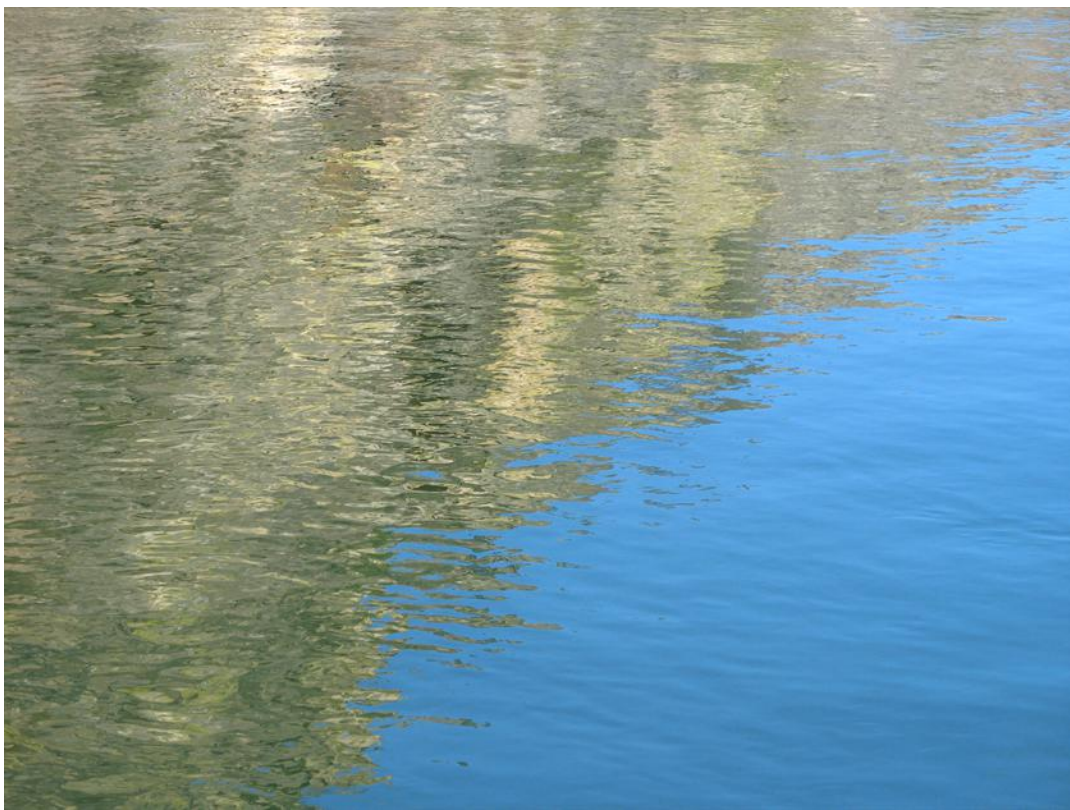
Mary's Message About these Meditations

An important function of these meditations is to invite each of you to connect with the meditation in your individual time and space and yet to know that as you practice the meditation, you are joining your prayer and energy with the prayer and energy of anyone who reads it at any time around the earth.

The prayers of every single person who has practiced the meditation remain present on the energetic plane of the earth and can be felt by anyone and everyone else who practices the meditation. When you read the meditation, you are instantaneously connecting with everyone who has read it or will read it in the future. It is an *alive* prayer. When you practice the meditation it has a profound effect: it expands its power and reach in the world.

- Mary





My Purpose: Removing Obstacles to Love

Mary, why are you appearing in so many places on Earth at this time?

I am here on the planet at this time in so many different incarnations and forms because there is an urgency that obstacles to Love be removed as quickly as possible. When there is a removal of an obstacle to the force of Love, healing happens. Through your joining in these meditations, we together can remove these obstacles very quickly.

Once an obstacle to Love is removed, the Love is freed for all time, for eternity. Time is not only linear. The past, present and future exist simultaneously in each moment. Open your heart to the possibility that any time you experience Love it exists for eternity. If you recall an earlier time in your life when Love was blocked, you have the opportunity to free the Love that was blocked in that moment, *now*. You can also recall a moment from the past when Love flowed freely in your heart and ask that moment to come forward to assist in unblocking any moment in the present in which Love is not flowing freely. This is a profound understanding.

Once you have experienced a moment of Love, it exists forever. Love is more powerful than the force of evil. It can absorb and transform negative forces. This is why it is important that you increase your capacity to love. I am here to help you increase your capacity to experience Love. That is why I invite you, in every moment, to invoke my presence and ask me, "Fill me with Love now."

Another reason it is important we share together through these meditations is that we are here to learn that collectively we can expand the capacity of Love to transform the suffering of the planet. My goal is to have you experience this. As you welcome me into your heart, my purpose is to awaken you to Who You Are. Who You Are is a *Being of Love*. In the past, there was a belief that it would take lifetimes for any individual to reach enlightenment, to be fully incarnated as a spiritual being. Now there is no time to waste; it must happen now. You must awaken to Who You Are *now*. I am here to help you awaken as quickly as possible as this will increase the amount of Love on the planet. We are all here to help this planet survive.

Meditation

I ask that you take a moment and allow the Love that you were born with, the Love you were meant to know and experience, to radiate through your entire being. You are a receptacle for Love. If you feel shy or uncertain about opening to this truth, I am here with you. I am here to help you trust that place within you that is meant to incarnate Who You Are as a Being of Love. Begin to open your heart to the possibility that Who You Are is meant to transform personal sorrows and world sorrows through a heart that is open to Love. Begin to feel an awakening of that possibility now.

silence

As this begins to happen, feel your connection to each person who is joining in this meditation. We begin to feel that our hearts and our purpose are truly connected.

silence

Open to feel my love touch your heart. I am here to free the love within you. I am here to free you from your suffering so your heart can feel radiant and joyful. Release your burdens to my heart. Remember that a willing heart will gladly take and absorb your suffering. It does so because it brings more joy. It is my greatest joy to relieve you of your suffering and to remind you Who You Are. Release your burdens now.

silence

As I touch your heart, your heart becomes connected more deeply to the others sharing this meditation. Feel my love radiating through all of you simultaneously and connecting you through all of time.

silence

This Love is now moving through the world. The World Heart has been awakened by the force of our connection. The energy of our shared Love becomes so great that it is impenetrable by anything other than goodness. The earth rejoices in our connection; its light grows brighter.

silence

Feel the joy that is released in the heart when love is flowing freely. Feel your heart's capacity to embrace and transform even more suffering in the world.

silence

Our prayers are freeing obstacles to Love instantaneously around the world, affecting past, present, and future and bringing blessings to the world.

silence

Take a moment to feel the joy and the gratitude from all the hearts you have touched.



What is Love?

What is Love?

Love is multidimensional. Everyone can describe moments of love--romantic love, love for a puppy, being touched by something in a way that is difficult to explain. Some would differentiate Love from Compassion and from Romantic Love. I do not. For me it is all the same. Different cultures use different terms for different forms of love, but it is all the same. All Love comes from the same source in the heart. I am here to help you open to the many different dimensions of Love, so that you can then respond with Love in many different ways and on many different dimensions.

When you release the suffering in your heart, you can open your heart to its greater capacity to be filled with Love. You can then receive and give Love more fully at every moment.

If you take even a tiny step in this direction, that tiny step is important. Every tiny increment of a more loving response makes a big difference. It is like when a door is shut tight. There *may* be light on the other side, but you cannot see it. Even a tiny crack in that door allows the light to come pouring through from the other side. A little tiny crack can show us the magnitude of what is on the other side. I am not worried about your progress being small. Even a little crack, a small opening, will do.

It takes courage to face, with love and an open heart, the darkness that is on this planet right now. That is why I say to you, "Release your suffering." Release it now. Let me take it. It will be transformed in my heart so you can open to your unique gift: as a therapist, as a writer, as a musician, as a mother, as a teacher, as a friend. Release your suffering to me so you can open to more Love flowing through you and into the world. Otherwise, there may not be much time left.

We need you; we need you; we need you.

Meditation

Release your suffering into my heart.

silence

As this happens, you experience more room in yourself, more room to welcome joy, love, hope and peace. As this happens, you are able to embrace more of the suffering that is in the world. Each of you look within and continue to release your suffering. Place it into my arms; I will take it.

silence

As I take it, I am simultaneously increasing your capacity to feel my presence in your life. As you feel my presence, know that my deepest desire is to help you realize Who You Are. More room in your heart is being created for Who You Are, for your love to be present in the world.

silence

Allow your love to flow into the world now. Experience your love and the love of all who are sharing in this mediation as it flows into the world.

silence

The world is now receiving your love. Feel the Heart of the World welcome your love. Suffering is being alleviated.

silence

Now, take a moment and let the world touch you with its love and with its gratitude for what you have just given. Take a moment in silence to feel the circulation of Love that is flowing into your heart from the Heart of the World.

silence

When you are enlivened by the force of love, you are not afraid. One moment of the expression of love toward whatever is in front of you, no matter how seemingly small, has repercussions throughout the world, throughout the universe. It is very important that you understand this. One may think seemingly small actions of sharing love are not that important, but they are tremendously important and have a great impact. I love you very much.



Remembering Who You Are:

The Awakened Heart

Over the years, Mary, you have always said, "I want to help you remember Who You Are." Tonight when you were talking, I suddenly could feel this incredible light in myself, and it was as if I was remembering Who I Was! It was as if I was remembering and feeling my original soul!

That is exactly right. The original light that is in you has had many different incarnations, but they all come from an original source, the original soul within you. That original light *needs* to be remembered now for the purpose of bringing love and healing to the planet. Your original light is the most magnificent thing ever experienced by human consciousness. It is easily apprehended by the Divine, but it is important now that human consciousness be able to apprehend that inner beauty and light. That is what we are seeking.

You are on a very deep mission, each of you, and it is a mission of which you are becoming more aware.

As you remember your original light, you will experience the "cloud of not knowing" lift. You will feel connected to your original purpose. That original purpose for each of you is the memory that you are a carrier for the energy of Love. *My purpose is to awaken that memory in your soul.*

This is important because Love has the capacity to transform darkness in a way that is unequalled by any other force. It carries with it a great Mystery of transformation. If you can remember your original connection to this force of Love, it will move tremendous amounts of suffering in one moment.

But when the suffering feels too great, call upon me, and I will be with you to help you release the suffering and facilitate the movement of the force of Love through your being in that moment.

Meditation

Welcome my love into your heart. Let me take your suffering, your fear, your doubt.

silence

As you release your burdens, feel my love expanding within your heart. Feel the spaciousness, the capacity of the awakened heart filled with my Love. Invite my Love into your heart even more as we welcome and remember your original light.

silence

In the awakened heart we recognize the heart's capacity to transform all it touches. We feel its capacity to reach out and touch the suffering in the world.

We ask this awakened heart to take root in you, to awaken in you fully.

silence

This is the first step. When this happens you are being welcomed home. All your faults, all your fears, all your illnesses are dissolved as you are welcomed home. You are remembering and being embraced in your original light.

silence

Once you remember Who You Are, you realize there is room in your heart for more; there is room for more.

silence



All prayers can move deeply into the most secret chambers of your awakened heart. There, the transformative power of Love and its great Mystery are revealed. Do not be afraid. You are One with the Divine Heart at this moment of remembering.

silence

Take a moment to name areas of suffering: in your personal life, in loved ones, in places on earth for which you would ask healing. Ask that these prayers be circulated in the Divine Heart, with which your awakened heart is now joined.

silence

Feel the transformation. Spend a moment feeling the circulation of Love as it transforms the suffering. The prayers will go very quickly now, very fast to their destination.

silence

Your heart remembers Who You Are. You will see miracles taking place in your life because of this. Feel the deepening, the clarity, and the purity that radiates from this central fire of Love. What circulates within your heart is fed by the Divine Heart and is bright and clear and strong.

silence

There is no suffering left, only pure Love and Light radiating through your being. This is your original nature. This is Who You Are.

What I can say is that absolutely every one will be called upon to expand his or her capacity for love and to allow the gifts he or she was born with to expand. There is a crisis; there is this urgency on the planet, and so each and all will be asked to awaken in their hearts whatever gifts they have been given.

-Mary



Commit to Your Destiny: Make a Pledge

So many of you have done so much for so many and are here on Earth to participate in the evolution of your own lives individually and collectively. My desire is to stimulate each one of your hearts to help you feel that you are ready to leap into the circle of life to share Who You Are with the world. Then we will work together as a group to build the momentum. You will see that what you do in the world is not only for the sake of fulfilling your own destiny but also for the sake of the way your destiny affects the rest of the universe. Take the leap. Make the pledge. I am here for you.

Meditation

And your contribution in this year will be? How would your heart like to pledge itself during this year? Think right now about the prayer you have for yourself this year. It will be heard. As you announce it right now, it will resonate throughout the universe.

silence

There is urgency in life and on the planet that your gifts be realized. Your contribution is needed in order to sustain the healing energies on the planet that need your assistance. Your heart must be open to Who You Are. My deepest purpose is to awaken your heart to Who You Are. Who You Are is a being of love. This is expressed in many different ways by each of you. Do not confuse urgency with a sense of hurriedness or rushing, feeling frantic. To awaken to Who You Are often takes lifetimes, but now, as there is a quickening on the planet, it is important that you take advantage of this group support and of my message and realize Who You Are and what you are here for. Take the leap. Make your pledge. I am here for you.

silence

There is a quickening. You may feel things being asked of you on every level. Do not be afraid, but rather say, "Ah...now I see what I am being asked to do." Every morning, every evening it is important to purify your heart; call upon me to take your burdens, so your heart can be more open, ready to respond to where you are needed and ready to receive the benefits of the world around you.

As you make your pledge, your vow, do not be afraid that there is too much being asked of you. The heart has a tremendous capacity. By allowing me to receive your burdens you are opening to more of your innate capacity to love. Feel your heart expand; feel the love flowing through your being. Allow your vow, your prayer for this year, to circulate through your entire being, penetrated by your love.

silence

Allow your heart to expand even more so that the light that is filling you and surrounding your vow, your prayer, becomes enormous. As this happens, begin to see how fulfilling your pledge, your vow, touches others. Realize your vow has come from the inner seeds of your own Divine Wisdom. As you experience your vow expanding in your heart, see others touched by the Divine essence and radiance that comes from your fulfilling your vow.

silence

And now, please send a prayer of support for each person who has also offered a vow, a pledge of commitment, during this meditation.

silence

Feel the support that is coming toward you from others for your pledge.

silence

The Group Heart is quickening and bursting forth with joy with each pledge that is uttered. Into this pulsating Group Heart realize my love is with you and embracing all of you. I can work deeper and faster to assist the world when, together, we open our hearts to welcome and support Who You Are.



The Many-Chambered Divine Heart:

The Miracle of Love

Mary, you talk about the importance of the heart, can you teach us about our relationship to the Divine Heart?

In these meditations you are awakening the action of the Divine Heart. Each and every human being, every flower, every plant, every animal, every Sun, every Moon, every Star is held in the Divine Heart, because the Divine Heart is the source of all life. All creative ideas, everything that flows creatively, food you make, songs you sing, everything comes from the Divine Heart. You are held within the Divine Heart, and the Divine Heart is present within your individual heart. This is the heart awakened during these meditations. It is within you, and you are within it.

This heart has many chambers. There is enough room for every aspect of life on the planet and beyond to be held within this heart. The Divine Heart has room for every single "flaw," every single problem. When there is a problem on any level of your being, this heart has room to receive the problem and circulate it. It is through the circulation that the mystery of transformation occurs. One cannot understand with the thinking-mind the way this happens. It is the source of miracles.

When an individual calls upon the Divine Heart to heal and transform sorrow, suffering, or darkness, the circulation begins. When a willing heart welcomes suffering, the circulation of love begins. The love that is trapped inside the suffering is released and joins the flow of Love. Suffering is caused by the blockage of the flow of Love. The Divine Heart welcomes your problems, and it encourages you to release your suffering into its embrace.

You may feel you are being held like a baby in the Divine Heart and sung to with lullabies when you release your suffering. You may seem to be taken to a place that feels like the open fields of Nebraska, where you feel the sun and wind on your face. This heart will take you in personally. You always have a home here. *You always have a home here.*

Remember, your heart is a mirror of the Divine Heart. Each individual heart reflects the mystery and the power of the Divine Heart. My heart is a living aspect of the Divine Heart. My heart is therefore a place in which you always have a home. It is a place where you are welcomed. You can surrender here. No matter what happens to you in your life, you always have a place to return. You are welcomed here.



Meditation

Open to the presence of my heart. You can place your suffering here. My heart will circulate your suffering through its many chambers, and miraculous transformations will happen through this meditation. My love is present. My heart is welcoming you.

silence

When you surrender your suffering into my heart, it makes the vessel of my heart stronger; the source of my love becomes even stronger. Do not be afraid. When you surrender, when you unburden yourself of your suffering, Love begins to flow. The source of Love within you grows brighter. You will feel the activation of the Divine Heart within and around you. As you release your suffering, you are able to feel your love for others grow stronger.

silence

As you feel love for others, realize that you are simultaneously receiving love from each person you think upon with Love.

silence

As you think loving thoughts, you are the recipient of loving thoughts. When you welcome someone in your heart, when you create a home in your heart for the other, you have created a home for yourself in the other's heart.

silence

Once you release your fears, your suffering, it enables the heart to work more efficiently. Remember, you do not burden my heart with your suffering; you enable my heart to become stronger and reach farther. You enable the circulation of Love within my heart to do what it is meant to do: remove obstacles to Love. The miracle of Love is revealed. The more you release, the greater the capacity for Love. Feel this happening now. We shout: Hallelujah. Say it: "Hallelujah!"

silence

Hallelujah is a seed sound, a sound of great strength, symbolizing the awakening of the Divine in the human being. Together we shout, "Hallelujah," as we share the joy that is felt in the Divine Heart that has now been awakened.

silence

Witness the way the love is flowing freely through this heart and the way it is now open to receive more suffering. Place into the center of the Divine Heart, that is now awakened and beating within you, any prayers for healing.

silence

Your prayers are now circulating through its many chambers, bringing healing.

silence

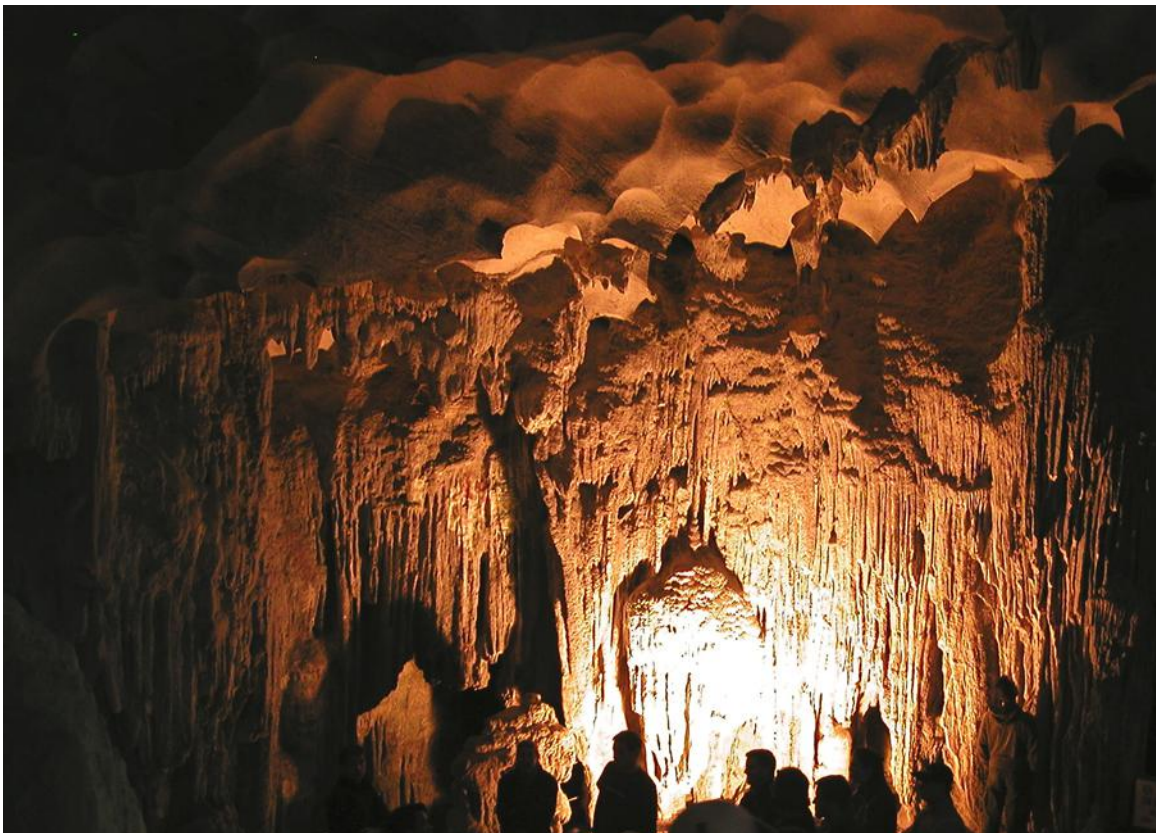
Now send a prayer of love and support to every person who shares in these meditations. We are forming an energy field of light formed from prayers of love. This Group Heart is formed by everyone who joins in these meditations. Once activated, it too can be called upon any time to give you abundance, energy, and Love. It will, once awakened, exist for eternity and will send its gifts of love when called upon by you, who are part of its creation. Create a prayer of Love now, and ask that it be sent to anyone who is practicing these meditations. You are embraced now in this Group Heart that is also an expression of the Divine Heart.

silence

Take some time in silence to receive the gratitude returning to you for all you have done here in the service of Love. What I am suggesting is a dynamic Law of Nature and of the universe. You begin to realize that when you send your love, even when you send love to yourself, there is a natural response of great gratitude coming from that which receives your love. You will always be a recipient of love that comes circulating back toward you, coming back to you from your having had the courage to release your fear, awaken Love, and send a prayer of healing. Take time to receive the gratitude for all you have given.

silence

The action of the Divine Heart is at work here. I love you.



You Have a Symbol within your Heart: The Original Seed of Love

You have a symbol within your heart that carries your name, not just the name you have been given here on Earth, but your soul's identification.

As you meditate on your original radiance, you may become aware of a sign or symbol that is connected with your soul. Within the symbol is the most extraordinary sound that vibrates and carries energy from your heart out to others and into the world.

I ask each of you to welcome me to help awaken the memory. When you concentrate on your heart's energy, you can feel it begin to glow. When this happens, the memory of the seeds of Who You Are, of your Being, is being awakened. You remember why you are here and what you are meant to do in order to help this planet and the people on it. As your heart begins to glow, along with that radiance is the memory of the messages that you were given before you were born and that you need to transmit here on Earth.

If you tune into and listen to others you meet, you will be able to see, first of all, the glowing heart of each person. You will see the essence of who they are. You will hear the messages of what they are meant to do. This is what I am listening for when I connect with you. My job is to help you remember Who You Are, to awaken that awareness through Love.

Each person has gifts through which their Love will be expressed. For example, someone may have a gift of creating laughter, of sharing laughter; it is a gift. Even the animals, even birds, even fish laugh. They play with laughter. Laughter is a function of God. Some people are meant to bring laughter to the heart: storytellers, comedians. Laughter awakens the memory of how important it is to enjoy life.

Those seeds, planted in you before you were born, are meant to grow into your gifts, which you can then give back to the world.

When you are praying for someone else, what you are actually praying for is that they be awakened to who they are, to this original seed of Love. Some people are born into darkness and into circumstances of suffering because they must transform some ancestral or past life circumstances. They live in order to transform the darkness.

We magnify the force of Love when we come together; it is awakened in deep corners of the heart when we are together. When we meditate together, one's individual process of awakening and remembering is supported and increased.

Meditation

As we join together, welcome me into your heart. As I touch your heart, the love that is within you begins to glow. Your original radiance becomes awakened. As you experience your original radiance, you may become aware of a sign or symbol that is connected with your soul.

silence

Within the symbol is the most extraordinary sound that vibrates and carries energy from your heart out to others and into the world. See and feel that happening now.

silence

When this happens, the memory of the seeds of Who You Are, are being awakened. Why you are here and what you are meant to do in order to help this planet and the people on it is being remembered. The light within the memory can be felt millions of miles away.

silence

Your heart was seeded by the Divine before you were born. It carries in it messages that are both deep within your heart and deep within the Universe. It carries the messages of your Essence. Connect with your illumination, and feel the truth of what I am saying. Experience the way the illumination of your heart, of your being, can fill the world with Love.



Awakening to the Nature of the Soul

Mary, I was wondering if you could speak about the nature of the soul.

It is hard to articulate the nature of something filled with so many dimensions. Your soul is here in this body, but is also in many other bodies and in many different dimensions. In the moment of death or the moment of birth one becomes aware of the soul's many dimensions. Remembering in life helps you become aware of Who You Are.

Within your soul is a deep caring and communion. There is a longing for you to fulfill your destiny on Earth. Your purpose on Earth is actually an agreement formed between the aspects of your soul regarding what you will accomplish here. Though your soul lives in many dimensions, life on Earth is unique. This planet is a planet of Love. My function is to help you remember this and to help you remember you too are a *being of love*. I have vast love for this planet and for the particular mission of the souls on Earth.

The soul is eternal. Even when you feel harmed, the soul itself cannot be harmed. You are serving your soul while in this body, and your soul is serving this life of yours. There is a great deal of tenderness and care that accompanies a soul's incarnating in a physical body. The soul is overjoyed at the idea of helping you realize your purpose on Earth. In return, your life is a vehicle for your soul's evolution. Your physical body will die, but the soul never dies. It takes different forms, but it never dies.

Every soul is serving and is part of the Divine Core of the Universe. Each soul is a "ray" that shines out from the Divine Center; each ray divides into further rays that become soul parts and individual lives or incarnations. Normal consciousness is aware of only this one incarnation of your soul. Besides your identity as a human personality, part of your soul's identity is expressed through the color of light that your particular soul-part carries, through a tone or sound, and through a particular quality. One will say, "She is such a sweet soul," or, "She is such a wise soul", or, "She is a powerful soul." You carry particular gifts and attributes that are part of your soul's essence, which in turn is part of the Divine Core from which you emanate. When I speak with you, I am talking to your soul. That is how I recognize you. That is your deepest identity.

If you recognize the truth of Who You Are, if you accept the knowledge that your soul can never be destroyed, it will help you overcome fear in times of difficulty. Handicaps and hardships will become doors opening to the strength you need from your Divine Essence. You will realize that in a crisis you can call upon your soul to help. When there is a difficulty or major transition in your life, all aspects of your soul "line up" to help.

It is equally important to be aware that your other soul parts may call upon *you* in times of need. You may be dimly aware of this during times when uncertainty or anxiety stirs within you for unknown reasons. It may be that other soul parts are calling upon you for assistance. The call often comes in a dream or in meditation. If you become consciously aware of your capacity to send and receive blessings to and from all your soul parts, it helps your entire soul fulfill its destiny. Therefore, when you pray, include blessings for all aspects of your being.



Becoming aware of the nature of your soul is becoming aware of Who You Are and of your Divine Nature.

Meditation

Welcome the joy that permeates your heart as you become aware of your Divine Nature.

silence

As you become aware of your Divine Nature, become aware of your Soul. You may hear sounds: a heavenly chorus. You may see colors: the light of Love.

silence

Open your heart. Send blessings to your soul in all its dimensions and incarnations.

silence

Now, receive back blessings from your soul, coming from all its dimensions and incarnations.

silence

As you receive the blessings, take time to become aware of your Divine Purpose: Who You Are. I love you very much for the opportunity to share this with you.

Your Luminous Being

A beautiful image of myself came to me as you were talking, an image of light, filled with love.

Yes, that was you. Often someone does not experience that until the moment of death. Now you have the opportunity of remembering in life. The sweetness you are experiencing now is the sweetness of your true nature, of your essence, of Who You Are and have always been. It is the memory of the seed of Love you are meant to carry into the world. When you remember, you can do nothing else but connect, with joy, with the essence of your being. The remembering is then, enough. Your essence will then emanate out of you like a flowing river. It is a beautiful experience you are having. This is what we call illumination; this is what we call awakening. The light that pours forth from you now is visible from many, many miles and eons away. There is rejoicing all around because of this remembering. I love you for this.

Yes, I feel that energy. I also realize....I forget.

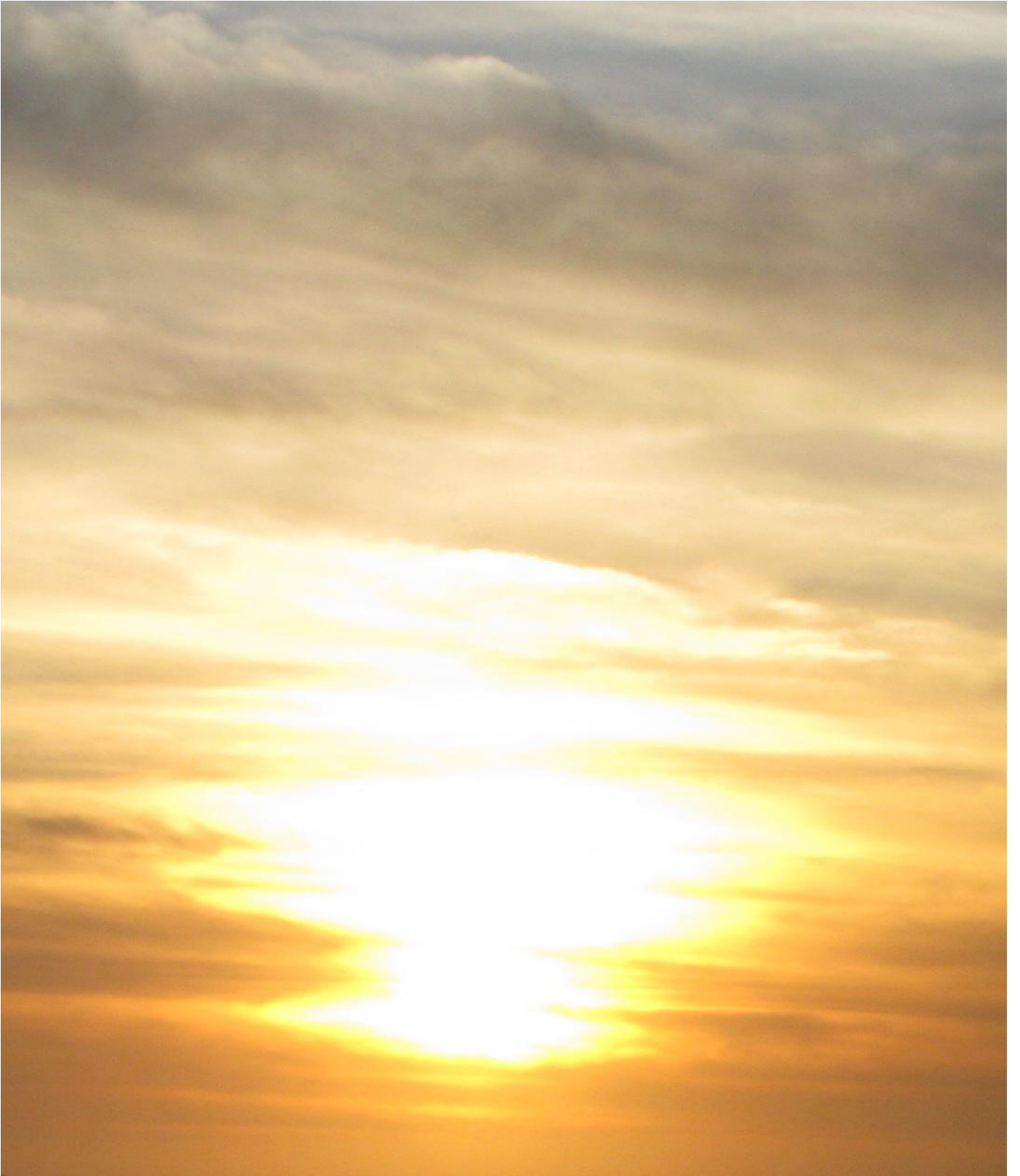
All of you forget. That is why I am here, to help you remember. It does not matter if you forget for an hour, a week, a year...or more. In the moment when you remember that you have forgotten, call upon me and I will help you remember. Once you have experienced Who You Are, it is never far away; it is always available. The task is now to get more and more in touch with the experience moment to moment. Do not despair if you forget; that is part of living. But remembering is also what I am asking of you in this life.

Remembering is a tremendous *action*. It is an active principle that awakens the capacity of transmitting love rapidly, instantaneously, to its destination. The capacity of Love to transform instantaneously difficulties from past, present and future is enormous. This is what I must remind you of: the power of this Love. Each individual has the capacity to transform the entire Universe. It may sound inconceivable to you, but it is true.

The power of it is beyond your current understanding. This is why I am reminding you and expanding your consciousness to understand Love as an active principle. Lifetimes can be healed in one moment. This is why I also say the power of the moment of death is so great. This is when the "remembering" characteristically happens. It usually remains concealed from the soul until that moment. Why? We have become so removed from the original state of Love, that lifetimes are normally spent seeking that original knowledge and experience.

Monks prepare their entire lives for the moment of death, do you see, as the capacity for enlightenment and revelation, for understanding who one is, is always revealed at the moment of death. What I am asking is that this moment be present for you now.

Blessings and love shower forth from the soul that has awakened at death. These blessings make transformation possible for loved ones nearby. That is why you see thunderstorms, lightning; nature responds--it is a huge event.





In the same way, birth is a tremendous experience based upon the hope that one will remember and achieve awakening during life. The birth of each child is a blessing because of this hope. That is why I say that there are exactly the number of people on the earth that are needed for the awakening of the planet. Even though overpopulation is causing suffering, on the other hand if everyone were to remember, there would be no more suffering.

This earth is a planet of love. Its destiny needs to be remembered by you. When its destiny is remembered, your destiny is remembered, and you realize why you are here. When you remember, you see how large the task is: to heal the suffering in the world through love.

You may become overwhelmed. My purpose is to help you increase your capacity to take in this knowledge, both the knowledge of the amount of suffering that is here and the knowledge of Who You Are.

Do not be afraid. It takes courage to step into ones being. It takes courage to let go of the fear. It takes courage to acknowledge that you have gone down a path of forgetting that has caused harm. The moment you realize this, the moment you acknowledge it, the moment you remember and replace your intentions with the energy of love, all is forgiven and the world is transformed.

It is an opportunity that you have in every moment.

Meditation

Welcome me into your heart so I can help you remember. Allow me to take away any pain and suffering in your heart. Feel me with you. I will relieve you of the suffering. I am taking it now into the deepest place of Love, in my heart. It will free you so you can remember. It is my greatest joy to take this suffering from you, because it frees your love to remind you of Who You Are so you can do your work. I love you so much.

silence

As you release all that is troubling you, feel your heart glowing. As this happens, remember Who You Are. Feel the love in your heart growing stronger. Expand this love to touch those you love.

silence

Move your love into the world. As this happens, the earth remembers its destiny as a Being of Love. Feel the joy of your One heart: your heart, the hearts of those you love, and the heart of the world.

silence

Now, all you are listening for is an invitation. It may come from your being invited to touch someone who is crying, or you may be invited to protect a flower from a storm, or you may be called upon to step on your path more fully. Whatever the invitation, know that you are ready.



The More I Can Take Your Hand

Touch the place in your heart where your heart has been touched. Feel what is there . . .

Into that place, welcome me to be with you . . .

Feel our connection beyond a doubt . . .

Feel the flow of Love as it comes from me to you . . .

Acknowledge that this love is awakening you to your own inner divinity . . .

When that happens, I am free, because I have fulfilled my purpose.

The more I can take your hand...

The more I can release you from your suffering...

The more I can awaken you to Who You Are...

The more I am free and living more fully in the world.



The infusion of Mary's love into the world at this time in history is important and is being manifested in many ways. I am so grateful to serve, in some small measure, in bringing Mary's light into the world.

—Lisa Sloan, Ph.D.

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