

H E A L T H E W O R L D H E A L O U R S E L V E S

Meditations on the Heart

*Mary's Guidance for Bringing Our Lives into Balance with the
World through Love*



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 the 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





Remembering Who You Are: Your Connection to Earth

You must remember as much as you can about who you are, whether that memory comes in glimmers, sudden revelations, or total enlightenment. The more you remember the more the veils will drop, and you will simultaneously remember the radiant source of being that is this planet, this earth. You will remember that the earth is the reason for your incarnating here.

Part of the reason for human incarnation originally was for you to feel the love and joy that is here, and another part was to further the purpose of this planet as a source of Love. Earth is not only a source of Love for every person alive but also a source of Love for the entire Universe. The cosmos depends upon the Love that emanates from this planet. That is why there are so many spiritual beings coming to Earth and hoping to help in this remembering. The Love on this planet radiates out into the Universe, and thus its existence is essential.

The most important task of humanity is to remember this purpose, because the planet and all life depend upon this remembering. The myth of Eden as the original Paradise is a story that is meant to reflect and awaken this remembrance of Earth as a source of Love.

We are at a tipping point. That is why opportunities such as this, wherein you and I can communicate and share in this way, are important. Together we can remember your roots and move very deep into your memory banks, even beyond this life. Once there, we can remove old fears and dissolve them so that more of your heart can open and you can remember the radiance and joy you were meant to know and can increase your capacity to share this Love. It is for the benefit of your heart, for the benefit of those you touch, and for the benefit of the World.

--Mary

Earth--a Planet Ruled by Love

Mary, from your perspective what is the Earth going through right now?

It is a predestined transformation. It is one in which all human beings and all of life are in the balance. It is up to each individual and to groups that focus upon peace to concentrate efforts toward saving the planet and humanity through Love. Earth is a special organism that is unique in the cosmos. There are very few places in the cosmos where the energy of Love is the primary force that moves through all of life. Love is the energy that rules this planet. This is why each of you is here. Every single particle of life is here in celebration of Love.

My purpose is to discover where Love is concealed or disappearing or where it is obscured by the darkness. Our most important task is to uncover and reveal the Love that is at the center of this planet and at the center of each individual.

Love can be harnessed and utilized to further consciousness and enlightenment. It is the most important aspect of being that you can comprehend. When you feel the wind, when you see the sunrise, when you see the stars shining toward you, it is all happening because of the force of Love. It does not matter what scientific explanation you give to life; nothing you experience can function without the force of Love. There is a crisis on this planet that is predestined, and it is unknown whether Love in the human heart is going to save the planet or not.

This planet was originally intended as a place where Love could freely play in all things living. Now after many eons of time, some people have forgotten who they are and why they are here and have made choices that are not based upon Love. It is now time to *remember* Who You Are. My mission is to help you remember. In every moment you have a choice. If you can make your choice based upon Love, it will have a profound effect upon the whole planet, even upon the cosmos. If you know this, you will take every moment seriously. When you remember Who You Are, you will tend to everything around you with love. Even one person's remembering has a tremendous effect upon the whole. Remember this and know I am here to help you, because you *will* forget!

It is all right if you forget. It has been long since the beginning of time on Earth when all of life was constantly in that state of Love. You will forget. I am here to be with you to help you remember. In those moments it is my utmost joy to help you feel the Love and to help you know you *do* have an effect with every choice you make based upon Love.

Through your awakening to this Love and to who you are, and by your calling upon me to help you, you are awakening *my* capacity to help more people remember. My ability to reach out to help more of the people on this planet is increased. It will make a difference. All those who hear or read my message will be affected. We then will have an effect *together* of shifting the course of the planet away from an experience of catastrophe and toward one of ongoing peaceful, cooperative, joyful, harmonious living.





Awakening the Heart--the World Heart

Mary, we are corrupting the earth. What can I do in the face of the bigness of it all? I have thoughts, but then I think, "Will they really make any difference?" I am in total confusion.

This can happen in the face of something so large. Your prayers do have an effect. In prayer you shift and change, and when that happens, the entire world shifts. The planet becomes open to new possibilities for healing and for renewal. Its immune system, in a sense, gets a boost.

Just as when you, if you are stressed and overtired, take the time and space to pray for what you need, to ask to come back into harmony with yourself, your immune system gets a boost, this is what your prayers do for the earth. I can tell you that the earth's gratitude to you for even feeling the suffering it endures is enormous. Part of what we are doing together is helping to bring the body of the earth back into balance. This is our prayer; this prayer gives the earth a moment of relief. As the earth's suffering is relieved through prayer, its heart expands. It can then better fulfill its purpose of embracing you and all life on Earth in its Love. If you feel overwhelmed, call upon me to be with you.

Meditation

Invite me into your heart at this moment. As you feel our union, feel doubt, despondency or despair lifting. Invite my presence to take this suffering from you.

silence

As your suffering is lifted and as the darkness and doubt leave, feel the awakening of Love. Feel Love filling your heart, filling your mind, and filling your being.

silence

Feel the capacity you have now to offer your love to transform the suffering of the planet. Feel the light move from your heart and into the suffering on planet Earth and all its life forms.

silence

The World Heart is awakened through your Love. It sends love back to you in gratitude. Receive the love that flows back to you from the Heart of the World. It is reaching out and touching you in gratitude for this awakening.

silence

As you are embraced by the love from the World Heart, you feel the center of your heart opening even further. In this awakened heart you remember and feel an extraordinary Love. You might see different colors; you might hear different sounds. It is a beautiful energy, one that produces energy so ancient and profound that it can heal with Love whatever it is asked to heal, instantaneously.

Send a prayer for the earth, for the animals, for the waters, for the air, for those places that you feel need healing at this moment.

silence

Remember, this healing energy of love is here for you always. It does not leave. You can call upon the Love that has been awakened here, the love between your heart and the Heart of the World, any time you choose. Let it touch you. You are now in deep connection with Earth. Each of you has contributed to the awakening of the other.

It is my greatest joy to help you remember Who You Are. It is my greatest joy to help you remember your purpose. This is the purpose of my being. I love you very much.



Honoring Nature and her Cycles

It feels like something is very special about the Winter Solstice, Mary, and I am wondering if you have anything to say about it.

Yes, it relates to the balance and rhythms of nature. The Solstice is part of the cycle of the turning of the earth, the shifting of its axis and its relation to the Sun. The life force in all creatures and plants begins to root into Earth a bit differently at this time, because they are preparing for a different response to the sun, to the elements, to the wind, to the cold.

It is the same for you. If you are aligning yourself with the cycles of nature, you will begin to experience a different response within you at this time. Even though so much is out of harmony with nature, because so much has been removed from the natural cycles--by moving indoors, by working from the same hour in the morning to the same hour in the evening every day and not being able to pay attention to these natural rhythms--at the same time, you can still respect the cycles of nature. Paying attention to the solstice, to the shift in the cycles of day and night, to the way the animals and the birds change their patterns and habits at different seasons, is important. Pay attention and realize there is a natural need for the human being to be at a different rhythm at different times of the year. When you cannot change your rhythm, your work hours, you have to tolerate this conflict against nature.

So honor the Solstice, if even for a moment, as it reminds you of the natural rhythms of this great planet. Honor the turning season, the shifts of light, the way the plants want to grow differently. *Offer your understanding and compassion to the animals that, like you, do not have this balance any longer.* Say to the creatures and to other life forms on Earth, "We know we humans have contributed to this out-of-balance experience, and we know we have to offer compassion in return. We offer compassion and understanding, because even though we have contributed to this problem, we also know it is essential that each of us be here. We are working to build places that will sustain us all; we are working to create enough food, enough water, so that all, including the animals and plants, can live. We are trying to find the ways that this many people will not cause too much harm. We want to come back into harmony with nature, but it will never be the same; it will never be like it was." That is part of the sadness.

But if you honor nature and if you recognize there are natural cycles of Earth, it brings a sense of gratitude and some softening of this inevitable sorrow that comes with overpopulation and the disconnection with the natural rhythms of the earth. It brings some solace to the animals and the plants that need to be in relation with those rhythms in order to live. The gratitude will flow both ways between you and Earth for these thoughts and prayers.

Listen to the earth. It wants to communicate with you and will be grateful for your prayers. The messages from the earth will come to you in a dream and tell you what Earth wants you to know. Earth will tell you what it needs and where to come for prayer. It will say to you in a dream, "Please come to the rock on the corner of ____." It will even give you a street address. It will say, "Please come to that place, because it used to be a sacred site." And there you go, and there you sit, and you offer your gratitude and blessings.

Honor what the earth is going through at this time in history, and it will then give back to you. It will offer you *its* great gratitude and love and support for the prayers you are offering. The earth knows that you are here to bring Love, and it needs your help. If you are giving to it, it will give back to you. That is why it is important to honor the Solstice.

But you can also honor nature every day. I would encourage each of you to have a sacred site in your home, a place in your house where you can welcome and honor nature. You might bring a special stone inside that has given itself to you. You do not want to take a stone from the earth without asking its permission, but if it gives itself to you, take it into your house and put it in a sacred spot, and let it know that there you will sit and there you will pray. It will be with you in your prayers; it will be with you. It will give you its blessings. That is the function of bringing a flower in from the outside. When you cut flowers, they offer themselves to you, you know. They offer themselves so you can bring their energy inside so you can remember. Pray in their presence. They are a reminder of your connection to the natural world..



Restoring Harmony and Balance through Love: Joining our Heart with the Earth Heart

Humanity has gotten out of harmony with the cycles of nature. There is overpopulation. This is creating illness. Normally, the forces of nature have the power to eliminate the source of disharmony, but that is not happening. Even more humans are appearing.

This is because every human soul that is born is needed to be here in order to give its gift of love on the planet. There are problems from overpopulation, and many forms of life have suffered. To feed everyone, the human has been forced into making decisions that are out of harmony with the cycles of nature. The human is making decisions about when crops are to be grown and harvested, produced and not produced, instead of relying on and working with nature. Many fields are being used to produce crops year round with no regard for the natural cycles of nature. There are artificially created ponds to produce enough fish to feed the world. If there were not *so* many people, if there were not *such* a need for this year-round production, it would be different.



We have confusion on Earth with respect to the cycles of nature, and this confusion is reflected in the human body. There is illness on the planet. But at the same time that this confusion is caused by the numbers of people on the planet, *there is now exactly the number of people that are needed for the transformation of this earth. There is exactly the number of people that are needed in order for Earth to become a sustainable, viable place where Love, once again, becomes the force that can transform the Universe.* So, these numbers of people are required right now--it is not a mistake.

So, when someone is showing symptoms of being out of harmony with nature, when someone is affected by disease, when an animal or bird is suffering, we have to lovingly be with that person, with that animal, with that bird and surround them with Love. It is possible to take away the sting of the illness with love and to remind the individuals that, even though they are feeling removed from their original state of harmony with nature, they are deeply loved and needed.

So I want you--even in the sadness of losing a friend or family member, even in the sadness of knowing there are children who are sick and in the hospital, even knowing about those who are struggling with treatments that prolong life but also create illness--to be able to, with compassion, understand that every single person is here because they are meant to be here for however long they are here. We must surround each one who is ill with love and kindness and compassion and say, "What more can you do in this life, in this moment, to share your gifts? Let me see your eyes; let them sparkle for me one more time. I love you." In that sparkling of the eyes, in the smile, is the giving of their love. They may spontaneously say, "There is a poem I remember from childhood; I would like to share it with you now." That will touch you. That moment and their love will be carried on in your spirit from that moment forward. They will have a home in your heart that will carry on their love. *The most important thing we have to offer is our love.*

There is no time. *There is no time.* We must now together, each one with focused intention, ask for suffering and illness to be infused with Love, now, in this instant, right now as you are reading or hearing this. That is why I am here. I am here to help you realize why you are here and to help you begin in this moment to bring forward your love into the world.

So in closing, remember there is an absolute necessity for every single person who is born to be here, even though it is causing problems because there are too many people on Earth and overpopulation is contributing to the disruptions in the balance of nature. Remember that the earth is now trying very hard to support each one of you. Even though it is brought out of balance by the strains this overpopulation is creating, the earth is saying, "I will give of myself. I will give of my love, of my energy, if it will produce one more ear of corn, if that will enable you to bring more love to this planet."



We are on the brink of disaster, but once we realize that *the focus must be Love*, that force radiates out to affect the entire Universe. Everything is touched with this Love: the animals, the plants, the stars, the planets, and even different levels of reality. This is not the only level of incarnation here: there are multitudinous levels of experience; your soul lives on many different energetic levels.

This planet Earth is essential in the balance of the Universe, because of the focus on Love here. And we need every single person, every single being that is here, in order to bring Earth back into harmony, back into relation with its original condition of Love. That is why my mission and purpose is to awaken each of you, as quickly as possible, to Who You Are so you can remember your task.

Each of you will express your love in different ways, because your gifts are different and you will touch people in different ways. Some of you will play the piano; through music love



enters the world. Some of you will do hands-on healing. Some of you will discover new medicines. Some of you will help the animals and the earth's creatures. Some of you will sit with your family and tell a story that touches the heart. The form doesn't matter, but it must come through that force of Love, as this is the force that will transform the sorrow, the sadness, and the darkness so that joy prevails.

It is not only for your own sake; it is for the Universe and the multitudinous levels of being that your love is needed. The power of Love coming from the multitudes of persons on the planet will have an effect on many, many levels of existence.

This is a message of joy. When a child *is* born, it must be welcomed with Love. Within its heart is the potential to bring forth more Love that can heal the Cosmos.

Now, let us pray to awaken that Love within you in this moment.

Meditation

Join your heart in prayer with the heart of the Earth. Imagine that your heart and the heart of the Earth are touching. As this happens, each heart awakens and shines more brightly. The light in your heart joins the light and the Love that exists in the center of the earth, in the Earth Heart.

silence

Now, welcome my love to fill your heart and the Earth Heart, becoming our One Heart.

silence

This is now a force of Love that can transmute suffering and transform all it touches. This Love has the capacity to transmit instantaneously every single prayer, as a force, across the planet and out into the Universe. This is happening in this instant as we pray. Allow this Love to awaken Who You Are.

silence

Stepping forward right now, ask for healing for some place on Earth, for some life form on Earth, and as you do, know it is an act of courage.

silence

I am supporting you with Love as you offer your prayers. Our hearts are joined and beating fully. All prayers can move deeply now into our heart's most secret chambers. There, the transformative power of Love and its great mystery are revealed. Healing is happening. Do not be afraid.

silence

Take a moment to invite the power of the Love that has been awakened to emit a golden energy into the world. Invite the energy of Love to bring harmony to Earth and all its creatures. You may see many colors emanating. You may see the healing.

silence

Feel the warmth as we take a moment in silence to feel the gratitude for what has happened.

The power of Love transforms. Remember that. You will see miracles taking place on the earth because of this. Take a moment to feel the circulation, the deepening. Feel the connection of your heart to my heart, to the heart of the earth, and to the Love that is in the universe. Balance is restored. Rest for a while in this peace. I love you very much.



Welcome the Season into Your Heart: You Are Part of Earth

There are many places on Earth where the seasons are unable, because of pollution and toxicity and other difficulties, to experience their fullest expression. The season of Spring, as it turns into Summer is, in particular, needing our assistance through prayer and love. The fullness of the flower and of each bloom needs to be helped with our hearts and welcomed to the center of the healing circle we create together. It is through the welcoming of the season into your heart that you also experience the blooming within your own heart. Remember, you correspond with the seasons because you are a part of the



Awakening the Circulation of Love

I am aware of how difficult it is to allow our Divine nature to be present in the world as it is. The world is continually battering our values. Perhaps you can say a word about this.

Yes, it is difficult. This is why I am here. It is crucial that each of you who feels this way pray. You must be in meditation and in prayer more and more, because it is prayer that can heal both yourself and the world. When you feel stress and conflict, you must go immediately into meditation and prayer. It is important that you pray and offer your love to the problem in that moment. This is the healing remedy that can transform disorder in the world. It is all we have to transform these energies and move them along a different course, a course that can bring about creative solutions instead of destructive ones.

If you feel overwhelmed by the disorder and do not think you can do it on your own, immediately *call upon me to be with you*, or call upon another source of spiritual guidance and support. There are many spiritual beings gathered around the planet now in an effort to help human beings. This is so because human beings are so important for the future of this planet. We are here to help you remember the motivating force of Love. You are a *Being of Love*. You must remember that. You must remember that, because the power of what you can do to transform difficult energies on the planet now is enormous. It is in your hands. Do you see? *It is in your hands*. There is no one else who can change it but you! There is no one else who can change the course of this planet but you.

Do not be afraid. It takes a lot of courage to call forth love in a moment when you feel you want to run away or retaliate or say, "I can't do it." It takes a lot of courage in that moment to call upon the force of Love to cure. But that is why each one of you is here. You will become more and more conscious of this. You are a force of Love and a force of healing for the planet. You are here to fulfill your destiny, and your destiny includes helping the earth. Do not be afraid. Let us join in a healing meditation for ourselves and for Earth.

Meditation

*Invite my presence to be with you. **Release** the burdens in your heart. Release to me your burdens. I am here.*

silence

Release these burdens so the light within your heart will be able to shine forth with joy, with love, with kindness, with its ability to heal and transform. Your heart is more than the literal heart; it is a heart that lives in every cell of your being--in your fingers, in your ears, in your eyes. Allow this heart to expand as you release your burdens completely to me.

silence

*When you are free of obstacles, your heart is free to expand and to fully receive what is around you, what is wanting to touch you, be that a call of a bird in the morning, be that a gentle sun ray on your cheek, be that the sound of a train whistle. Be aware that the energies of the earth are always seeking connection with your heart, with your being. If we put us all together, it is a marvel what is possible on Earth. Earth is a Being of Love, and it radiates its Love fully when it, like you, is able to release **its** burdens. What I am going to ask each of you to do now is to feel the heart of Earth and invite it to release its burdens. Listen as it calls to you, asking you for your assistance.*

silence

Remember-- as you play, as you sing, as you work, as you feel your life's passion awaken within your heart, you will remember you are living your life on and for Earth. This is important, for without the earth we cannot live here. As you feel Earth's presence, as you feel its Love, you also feel its suffering. As this happens, allow your heart to expand.

silence

Realize that your heart is continually nourished by Earth's love for you: by each sunrise, by the rain, by the flowers that bloom. As you feel the Love between your heart and the earth, feel the room in your heart expand and feel compassion for the earth grow and fill your heart.

silence

Into your expanded compassionate heart, the earth may now release some of its suffering, some of its burden. When your heart welcomes the earth's sorrow with Love, the chaos and disturbance in the earth's energy field is immediately lessened. When this happens each person on Earth becomes less burdened, less disturbed, and can more easily feel the joy.

silence

*You must remember you are a Being of Love. The earth and all that is here need you. The world needs you. Do not be afraid that there is too much being asked of you. The heart has a tremendous capacity for love. If you feel it is too much for you, call upon me to be with you. By allowing me to be with you and to first receive your burdens, you are opening to the truth of **your** heart's capacity. Allow the Love that comes from our union to circulate through your entire being, every cell penetrated by Love. Feel that now.*

silence

The light that is filling you and surrounding you becomes enormous. See the way this Love can now touch everything on the planet.

silence

Invite your heart to join with the heart of everyone else who is practicing this meditation. The Group Heart is now formed. Love is pulsating and beating through this Group Heart.

silence



Into the center of the Group Heart we ask another piece of Earth's burden be welcomed. The suffering begins to circulate and be transformed in this love. As this happens, chaos is diminished; peace is restored.

silence

Now feel Earth's gratitude for this mediation and prayer returning back to you. In the gratitude pouring forth from Earth to you, you feel more burdens being dissolved in your own heart. In this way you understand the principle of healing. You understand the circulation of Love. Whenever a burden is carried in the heart, whether it be in your heart, in another's heart, or in Earth's heart, when you offer a prayer toward it and open your heart to its suffering, the burden itself is released. The heart that held the burden is freed; the love that was trapped in the burden is free to be shared. The heart is then so grateful for your prayer that it offers back its love to you and in that exchange, any remaining burdens within you are further dissolved. This circulation of love continues back and forth.

We ask that healing continue--that any remaining burdens within you and within Earth's Heart continue to be dissolved and circulated in and among the many hearts that have offered their love here, in this moment.

silence

Do you feel the joy? A deep source of gratitude and love has been released on Earth and within each of you through the power of this prayer and meditation. Healing has happened. Peace and Tranquility have been restored.

Rejoice: Touching the Nature of the Earth

Is there a way to touch the deep nature of Earth?

Recall that every substance in your body is made up of her. All of the minerals of the earth make up your bones. The water in your body is the same as the water in the oceans. You start thinking that way; then you see that everything you are made of comes from her. In that way you are in touch with her constantly.

As you think on your relationship to her, all you have to do is focus on any one element within you--your saliva, for example. Saliva is nourishing and helps you digest all the foods that come from Earth. What you call digestive enzymes are actually messengers transmitting messages back and forth between the food and your body through the saliva. There is an incredible array of communication that takes place between the saliva and the food that enters your mouth. Through the moistening of the tongue with saliva, you are able to taste. The taste buds are activated through the interaction of the food with the saliva as it touches the tongue. The messages are then released. Communication then happens between you and the food via the saliva. "Where did you come from?" the saliva is asking the food -- what plant, what tree, what country, what climate? Were you grown under artificial circumstances or not? There is a huge array of information that comes through the food to you, through taste, because of the saliva. Your body knows immediately whether it will be able to digest this easily. If not, the food will, if it is close enough to the original source, try to help you digest. It will activate within its cells the memory of the sunlight that is carried within it, the memory of the rain, of the stars that guided its growth, of the minerals that are contained within it, in order to help your body digest and assimilate its nutrients.

Every element on the Earth has been placed here with one focus: to bring forth the energy of Love. This planet, with all of its life forms and every element you are made of, has one purpose only: to express this Love. Everything works for this goal. *The earth needs you to do your work in the world, to bring forth more Love.*

Everything on this planet is working to help *you* bring forth more love--from the food you eat, to the air you breathe--everything. So we are grateful for Earth. I want to help you open up your capacity for communication with her, which has become less apparent as technology has increased, as you have moved indoors, and as food is grown in distant places and sometimes under artificial conditions. When you feel your oneness with her, you can give back your gratitude to her. This helps her continue to do her work for you. She is helped by your loving attention. This enables her to give more back to you.

So, to live in closer relationship to the earth, begin with thinking about and rejoicing in *any* aspect of your being. Let any one aspect of your being take you closer into *her* soul. *You are her servant and she is yours.* She will give you everything you need, as much as she can, so you can live here with Love.



Meditation

Invite my presence to be with you.

silence

Into our hearts, we welcome the suffering of Earth. She has suffered so much, because we have forgotten her only intention, which is to bring Love. In our remembering, Earth rejoices. She rejoices because she is able, once again, to fulfill her purpose: to fill you with her love, her joy and her gratitude.

Each time you feel sunlight on your face, you know the earth is sending you its love. Each time you eat a fresh vegetable, drink water, hear the sound of a bird, hear the sound of rain, you know you are being filled with Love. Earth does this for you so that you can, in turn, give your love to the world and all of its life. Earth is grateful for whatever you can do to help it restore its energy of Love. Whatever you can do, no matter how small, will resonate throughout the Universe. Think of one way you might help her with your love. Take a moment. Let your heart pour forth love to the earth.

silence

Feel the gratitude for this love you have offered returning to you now from the earth, blessing you for what you have given.

Calling upon Mary: Saving the World Through Love

When you are looking at a painful event on television or reading something disturbing in the newspaper or standing beside someone who is feeling deeply affected by what is happening in the world, take a moment to remember Who You Are. In that moment remember to be present and to reach out with your love.

By fulfilling your destiny of bringing more of who you are and therefore more of your love into your world, you are affecting the entire planet. You might think that you cannot possibly change the world by simply focusing on Who You Are and the love that is in your heart, but I am telling you this awareness has a profound effect. As more and more of you realize this, as more of you are awakened in your hearts by the power of Who You Are, this realization will be able to save the world.

In the Christian tradition I am called upon through the prayer of the rosary. The invocation of my name and my Love has a profound effect not only on the one who is reciting the prayer, but also on the situation that the prayer was asked to affect.

What I am going to suggest to you is that you have within you this same capacity to heal, but I am here to remind you of this and to teach you how to remember who you are. Therefore, when it feels too much for you, I will be with you when you call upon me.

When you feel despair, when you feel helpless, when you feel hopeless, when you feel sorrow, when you feel fear, when you feel confronted with the power of evil, take a moment and focus on your heart, and in that moment call upon me. Simply say, "Mary, be with me. Help me evoke the spirit of Love."

My power in this invocation is threefold. Firstly, I am called upon to bring my Love, that Who I Am, to you, to heal your pain and fear. Secondly, I am called upon to awaken in you that spirit of Love, so that you can feel that same power of love that is within you to affect the situation. I am reminding you of *Who You Are* so that your spiritual nature is awakened and is able to send forth divine light and divine love to the situation. Thirdly, by your calling upon me to help, I am empowered in my presence and reach in your life, in that situation, and in all it touches in the world.

So, that is a very powerful formula and description of what happens as you call upon me to be with you. You will feel this awareness and transformation happen each time you call upon me, and it will give you courage to use your own love in prayer.



You may invoke my presence through prayer in many ways. You might think:

"I ask in the deepest source of my being that the divine energy of love be taken to this situation. I ask that those who are in sorrow be healed. I ask that the minds and hearts of those who are evoking evil and creating sorrow understand that they are bringing forward into the world the negative aspect of love and that if they want to affect change, there is a very different way to go about it. They are misguided. I pray that they be guided back into the arms of the Divine that rests within their own being."

These or any other prayers that are sincerely requested in my name or in the name of Love, are answered. I love you very much. I am here with you whenever you call upon me, in your thoughts, in your prayers.



Pilgrimage to the Waters

If I use too much water or throw away some food, these things create a sense of guilt in me. But this guilt is also a reminder of the respect I carry for Mother Earth and the responsibility I have to cherish each aspect of her. How can I come to peace with these feelings?

What she would like, ultimately, is for you to be able to make a pilgrimage, as your ancestors used to do, to one of the many sacred sites on Earth where water flows abundantly. At that site, you did not have to worry about using too much water, for at that site there is plenty. There she gives and gives and gives so that you can bathe in the water as much as you want. You can drink until you are not thirsty, and there is plenty left for others. It is an endless supply she gives from her body to you.

In the “original” time and place, the pilgrimage to the water was often part of a sacred journey. Once you arrived there you did not have to worry about how much you were taking. You could take all you needed. You could return home with plenty to share with your family. Water there was not scarce.

But now it is scarce. There is not enough for all. So we feel the sorrow. We feel her sorrow that she cannot give to you everything you need, as much water as you want. She feels sorrow. She feels sorrow. She wants you to have as much water as you need, for as long as you need it.

Meditation

When you take your showers or drink your water, rather than feeling guilt, understand Earth's sorrow and feel the gratitude for what she can give. Feel her wish that you could have all you need.

silence

*With gratefulness in your heart, before you take the shower, before you have the drink of water, imagine you are on that ancient pilgrimage to the sacred waters, and with that in mind **drink in the sacred water**. When you do this, a little bit will go a long, long way. With that prayer, you will be able to neutralize the chemicals and chlorine that mask the original vibrancy, which is still there, but needs to be awakened through your conscious appreciation. Earth will feel your intent, and she will communicate back to you through the water how grateful she is that you are drinking it. She is so grateful, because the water will nourish your body and help you to do your work in the world.*

Yes water is scarce, but feel great joy instead of guilt. You will forget this from time to time, but when you do forget come back to this moment and say to yourself, "I drink this water with great gratitude. I know you want to give me more, but I know it is scarce, so I take this water with great joy into my body and ask that the benefits radiate throughout my life and into the world."

silence

Earth will be grateful for this prayer. It will help you receive, with gratitude, what Earth is still able to give. She will fill you with her Love, with her Joy, which you can then carry into the world.



Coming Earth Transformations: A Shift in Consciousness

Mary, can you tell us more about the planetary transformation or evolution of consciousness you have often referred to?

It has been decreed by a Divine source of revelation that within this particular time of the planet's history, there is a quickening. It has been decreed that a leap in evolution, a leap in consciousness will take place, will be demanded, at this time. It is demanded because there is a spiritual evolution that is taking place within the earth itself. Earth is evolving in its understanding of its relationship to the Divine Order of existence. Its evolution is dependent upon your realizing your own Divine Nature. This is why it is so important for me to help you realize as quickly as possible, Who You Are.

Because of my love for the earth, because of my life as a human over many lifetimes, and because of my love for you, it is in my interest, as well as being part of my mission, to help you become awakened to this truth.

If you are not awakened to this truth, you will not understand your purpose in relation to the suffering when changes occur. Transformation can be tumultuous at times. I want you to be prepared to reach out to those who may be suffering and to reach out to the planet itself, which may be suffering during some of this transformation. That is why I say it is urgent at this moment in time that you awaken to Who You Are. This leap in consciousness affects everything in the Universe. It is urgent for me to help open your heart to who you are and to this truth.

There have been many prophecies about this period of time in history. That is because there is not only a potential for destruction but because there is a potential for *transformation*. Transformational potential always carries potential for loss and death. There is always a period of destruction and death and suffering in the process of a new beginning.

Meet your fear of this time by embracing the potential of this time for bringing transformation to your life and to the entire planet. It is an enormously positive and joyful time, but it also contains within it enormous personal sorrow, loss, grieving and letting go. This is part of the prophesy. There is no doubt that this is what is taking place all across this planet. We have been preparing for this time on this planet for the last several hundred years. There is a huge shift of consciousness taking place on the planet and in individuals. There is no mistake that you are a part of this.



It is important that when you come together in groups and focus on the power of transformation, you focus on the ways in which Love can aid in this transformation. This is not one shift that will take place on an exact date. It is a shift that has been approaching, will come to a pinnacle, and then will continue on for another few hundred years. You are here at the most glorious moment of being able to help usher humankind and the world through that threshold.

The most important question is how can the human heart open more to the suffering and darkness of this time so that it can help bring more joy into the world.

Mary, many people feel that in this process of transformation or awakening the earth will be destroyed. It is in the subconscious of a lot of people. Can you talk about that?

You need not focus on, “Is there going to be an end to this planet?” It will not be over. It will just be a radical shift of awareness, of consciousness. A shift in consciousness can manifest itself in an enormous variety of ways. Events that have been prophesied apocalyptically have included descriptions of tornados, floods, or other natural disasters.

Understand that we have already seen those and are seeing quite a bit of them, and we have continued on living. The reason we have continued on living is because of the amount of love that is being shared, not only from your hearts, but from the loving presences that surround this planet at this time.

There may be the end of the world *as you have known it*, but in its place will dawn a very deep, new kind of relationship with life. Knowing this, you will be able to reach out to those who are afraid and say, “This is all right. This is part of what is planned. There is a shift of consciousness leading toward a new beginning.”

I find it very dangerous that people predict things and give certain dates. There is such a thing as mass-consciousness, and if people create a lot of fear, a lot of things happen because groups are imagining it. The way you are putting it, I find more creative and more optimistic.


Prediction *can* be very dangerous, because it creates fear and prevents the capacity to be present where you need to be available. Every moment has the potential for an ending and for a new beginning. This is very important to understand. It will not end. *It* will never be over. There is an enormous amount of love surrounding this planet, and it has been able to diffuse a lot of the suffering. Love is here to support you. It is here. The Divine never leaves—never leaves—even in moments of sorrow—even in death: it is always present.



Sharing the Sacred Journey Helping Mary in the World

Take a moment to touch the place in your heart where your heart has been touched. Feel what is there. Into that place, reach out and 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 inner divinity.

When that happens, I am free, because I have fulfilled my purpose. My purpose is to awaken you to the source of light and love and inner divinity within your being. 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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