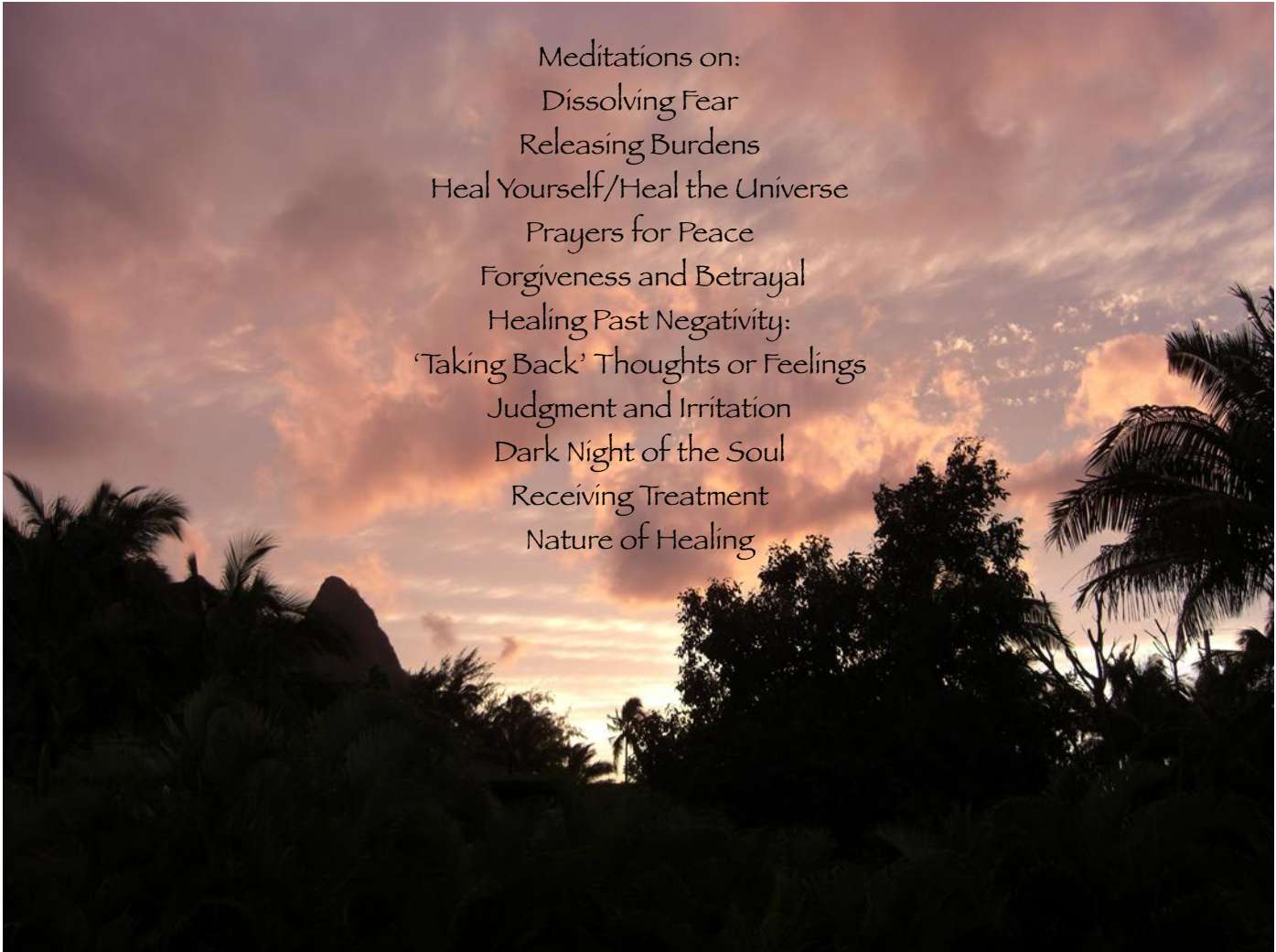


TRANSFORMING SUFFERING

Meditations on the Heart

*Mary's Guidance on Healing the Suffering of
Our Lives and of the World through Love*



Meditations on:
Dissolving Fear
Releasing Burdens
Heal Yourself/Heal the Universe
Prayers for Peace
Forgiveness and Betrayal
Healing Past Negativity:
'Taking Back' Thoughts or Feelings
Judgment and Irritation
Dark Night of the Soul
Receiving Treatment
Nature of Healing

In the Oracular Tradition

Lisa Sloan, Ph.D.

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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 the encouragement of my friend Marilyn, 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.

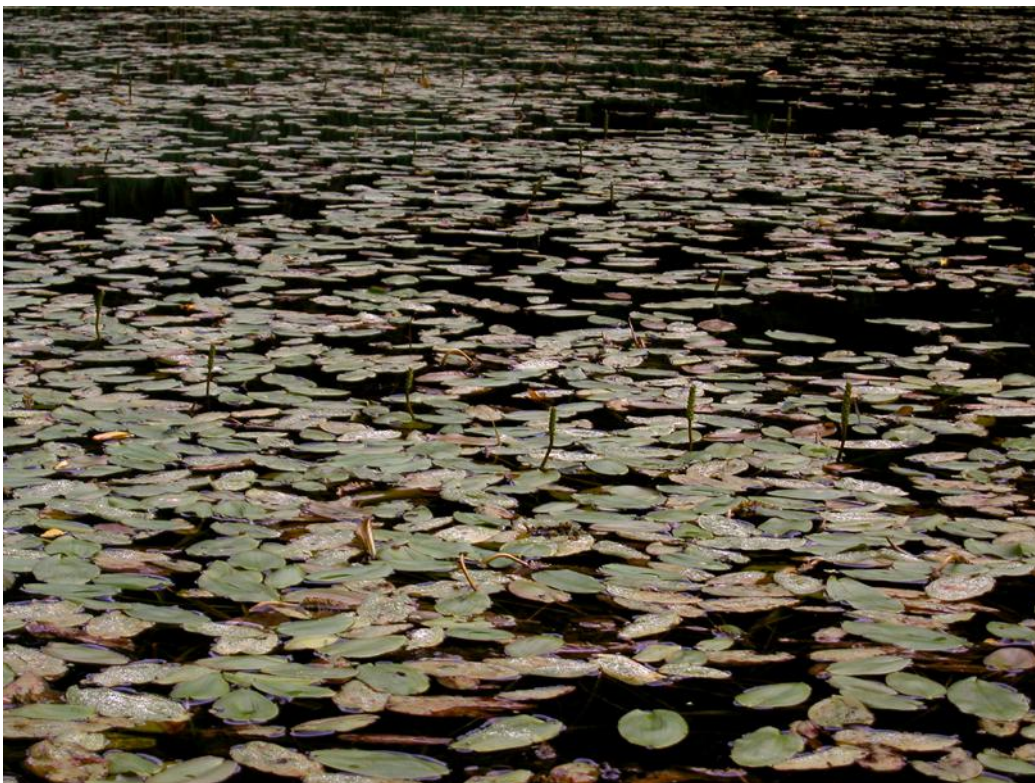
---Lisa Sloan, Ph.D.



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.





Each of you will experience your heart opening. You will experience it as if it were a shutter on a camera that opens and then closes. This is like the mouth of a baby opening and closing to nourishment. To the degree that your individual heart is capable, we are going to expand the opening of your heart.

Do not worry if you feel you are not capable or are not ready to embrace the suffering of the world. The first step is always to embrace oneself. To the degree that you are capable, in each meditation you will feel your heart beginning to surrender to Love. There is nothing but Love between you and your heart's opening fully.

There is nothing to fear. Fear will be dissolved. I will take it from you. There is so much fear that exists in the world. I want you to experience, for the moments you are here with me, the capacity to be free of fear. Then you will know what it is like to open to yourself.

You are a being of love. Fear has been conditioned in you and in the world so that as time has gone by you have felt that you are something other than a being of love. We must dissolve this perspective. When this happens, you will feel such joy. You will experience the awareness that you are Love and have the capacity to transform your own suffering and the suffering of the world.

-Mary

Dissolving Fear: Transforming Suffering in the Embrace of Love

Mary, how can we appreciate and understand our individual suffering and the collective suffering of the world as being a part of the journey of awakening our hearts to Who We Are?

When you open your heart to Who You Are, you are simultaneously opening to yourself as a being of love. When that happens, there is an immediate recognition of the “other” as a being of love, whether that is the “other” as human, animal, tree, star, wind. Your eyes are opened in ways they had not been before. Your heart is opened in ways it had not been before, and you are no longer afraid to see, feel, experience the joys of existence, which often are accompanied by sorrow or suffering or pain. You begin to see in a new way areas in your life and in the lives of others that you were afraid to see or to be with before.

Fear is a natural experience when you are afraid of harm for yourself or your family. It is a natural emotion for protection. But what I am suggesting is that once you recognize that you are a Being of Love, the fear dissolves, because you see that you must be available with joy and love to everything that crosses your path. You are no longer afraid.

In that recognition of Who You Are, you see something you once turned your eyes from, something that once was threatening, in a new way. Fear can no longer be the only response. You are meant in this world, as a being of love, to open your heart to whatever is in front of you. When this happens you experience fear and suffering in a completely different way. Suffering is now embraced in the light of love.

And when I am with you, embracing you, then we are embracing the suffering and fear together, and in that moment the experience is completely transformed. This is the way you begin to understand that when you open to Who You Are, you necessarily begin to experience and see things you had been afraid of seeing or experiencing before, and they no longer frighten you. The gift inherent in the suffering is revealed when you respond with love. These moments become imbued with the Divine.

So, when we increase our capacity to embrace suffering, and we actually relate to suffering differently?

Exactly. Whereas before, suffering was something to avoid, now it is something necessary to experience, because it is before you. You are not afraid when it comes into your field of consciousness. As you open more and more to Who You Are as a being of love, you will recognize and welcome these experiences more and more often.

That does not mean there will not still be experiences that will frighten you or cause you to say, “How can I be with this experience of suffering? It is too much for me to bear.” In those moments, call on me to be with you. I can help you when you feel afraid, and by helping you to remember Who You Are, I can help you be with the experience differently.

So this is what it means to say the Bodhisattva vow is to participate joyfully in the sorrows of the world?

Yes. We have to understand the word Joy. Joy is a natural expression of love. At its core it is the radiance of love being expressed through the celebration of the Divine.

Once you recognize the value of your love, then it becomes imperative to increase your capacity to embrace more darkness and suffering. Do not dwell on the darkness, but dwell on the way the power of Love can transform suffering.

If you feel you cannot do it on your own, ask for me to be with you. It often takes courage to take the step to pray. Never give up and say it is not working. Even if it is only in increments, it will have an effect. Every time you become aware of more suffering, hear that as a knock on your door, an invitation to pray even more, rather than becoming discouraged and thinking that your prayer is not working. Suffering is a call: a call to prayer.

Go to a sacred site on the earth, a favorite place, a favorite tree, a favorite rock, and it will give you its energy to help you pray. The Earth wants to survive in Love and Joy and Beauty, just as each person has this same longing. We can help Earth as we help each other, and we can do it with Love and Prayer. I say this not to frighten you but to let you know how vital Love is at this moment in time.

What is the purpose of suffering?

In its root form suffering is a fear of, or a turning away from, the radiance of love. Something that was once one with God is, through suffering, often experienced as separate from God. It must now be one with God again.





The Sound of Joy: Releasing Burdens to a Willing Heart

When you are suffering, when doubts or difficulty arise, think in that moment, *instantaneously*, "Where is the heart in which I can place this? Can I place this suffering in my own heart, or is it too clouded at the moment?" You can ask, "Can I place it with you Mary?" I will be with you, and you can place it in my heart.

Release your burdens to me. It is my greatest joy to relieve you of your suffering. Release your burdens into my heart. The release of your suffering does not burden me. It does not burden another when it is released to a willing heart, *when it is released to a willing heart*. Instead, it creates joy and a deeper flow of love.

You feel the truth of this as you remember moments in your own life when someone has released a burden into your willing heart and you have felt joy in that moment. This is what I am asking you to remember and to experience as you release your suffering to me.

You must not keep your suffering separated from a willing heart. It will only cause you more pain and have you feel separated from your Self, from the Divine Love within you and around you. The goal is in every moment, every instant, to have you feel closer to the Divine.

Always feel comfortable to surrender your pain. For any moment of suffering, no matter how small, call upon me and say, "Please take this from me; I cannot transform it on my own." I will take it. I am with you. And in that surrender, your suffering will be transformed. You will come closer to understanding Who You Are. Relief will come over you.

In that moment of surrender, the heart circulates and transforms suffering, allowing it to become a part of the greater whole. Do not question this process. Insights will come to you throughout the process of surrender. New understanding will unfold. You will be free, and *your* heart will be ready the next time this happens. Yours will then be a "willing heart."

Meditation

Call upon me now to be with you. Let me take your suffering. I will take it into my heart.

silence

As this happens you become aware of the pulsing, of the beating, of the Joy. The heart does not beat without joy. It is a joyful sound. Experience and hear the joy in the heart as it beats, circulating your suffering. You might hear it as a drum; you might feel it as circulation; you might feel yourself becoming warm; you might feel your hands radiating energy, your feet vibrating, your face feeling flushed.

silence

You are being cleansed of any debris, of places where love was stuck. It is a joy to release blockages, opening to yourself to others, to the earth and all life. Allow this feeling to expand. Feel your heart, your light grow brighter.

silence

What you are experiencing is your own birthing as you are becoming more and more of who you really are.

Take some time now to allow the circulation of this love between your heart and my heart to continue to cleanse and heal any aspect of your life that needs to be touched with love.

silence

Feel the relief. Feel the peace. You are now unafraid to reach out to someone in need. Yours has become a willing heart.





As You Heal Yourself, You Heal the Universe

Mary, I would like you to talk more about this idea you have taught us that as we heal our own hearts we heal the universe. It is one of those things that I would like to believe is true, and yet there is something that gets in my way of fully . . .

This is so important on so many levels.

Consider an example. You may have come into the world with a wound that may have been from another life, so that other life may be still operating in your life now. Or wounds may have occurred in your family as you were growing up. If there is an experience of suffering or trauma no matter what the source, no matter when the time, it is important that your heart be healed.

When you heal your heart, you also are healing the experience that created the wound. And when you are healing the experience that created the wound, you are healing the source of the experience and everyone and everything that has been affected by it. For example, if ones father were brutal, in healing your heart you are healing and transforming your personal experience, and you are also healing your father and the experiences that caused your father to be brutal. Your father is having an instantaneous experience of transformation. The suffering that caused him to act in the way that he acted is also transformed. Generations are affected, and it goes on and on and on until all of life is affected, both past and future . . . Do you see what I mean?

Healing your own heart and your own wounds brings the energy of love to every single element that participated in the creation of the wound. It has an effect not only going backward and forward, but also spreading outward. By healing your own heart and by bringing Love to your suffering, you are bringing love not only to yourself but also to everything around you that touches you related to that moment. Consciousness is changed. In that moment, not only are you healed, but also you are able to see things around you in a new way. The light shines differently; the flowers smell more beautiful. This transformation happens simultaneously for every single person who had anything to do with that wound. From that moment onward your heart is more open so that you shine out love and light from those places that, before, were clouded.

The future is affected. New people, new situations, new opportunities can come into your life that before may have been hidden or darkened by that experience of pain from the past. All kinds of opportunities, which may not have been possible in this lifetime, now can be.

Each moment of healing in the heart of some personal wound transforms the entire possibility of your being, and thus the entire universe is on some level affected by this change. Do you see? It is an energetic experience, the power of which is beyond the capacity for many of you to contemplate.

I am telling this to you over and over again so you begin to get an inkling of what it is that you carry. That is why I say that you have so much power. I am speaking not in terms of power to dominate, not in terms of power to create what you want in a selfish way—but a power to welcome Love to fill experiences and visions that you want to create in this life, those that you never dreamed were possible, because there was a pain that you never knew you could release.

I often say that there is no problem that is too small or too insignificant, because if there is something that is blocking your capacity to feel love in that moment, then we must try to understand it, we must try to remove it, we must try to dissolve it in the presence of Love so that you have the power to choose again.

Your power to choose the most loving action in any moment of time has the power to transform the universe in that single moment. You must understand the power of a moment, you see, because in a moment the past, present, and future are all combined. That is why I say it is never too late. It is never too late.

Do not bemoan if you forget this. You are not to bemoan, “I did not heal myself today,” but are to know that in any future moment, in this moment now, it is possible.

It truly is a miracle. This is the experience of the miracle--the freeing of the energy of love. That is what creates miracles. It is so important that we begin to facilitate this flow of Love within you. It will transform the energies on this planet toward harmony rather than toward destruction. You must understand that the power of love is ten times, twenty times—I don’t even have the number—more powerful than the force of destruction. You understand. I love you very much for this.

Prayers for Peace

Let us bring forward love and compassion in order to increase peace and alleviate suffering in the world. Let us open our hearts to welcome the energy of love. The power of Love is the great mystery at the heart of all spiritual traditions.

There is an important role we have together as we share our Love to increase peace. All of you sharing this meditation are called forward now to send prayers of peace and help to those who are suffering.

As you send a prayer for those who are suffering, your love is being joined with others' love and shared around the planet.

The first step in alleviating suffering and bringing peace is to release fear. What is left then is the essence of who you are, the Divine Essence within. In this presence we focus on solving problems together as a group, as a community. When a community brings love to a problem, ideas and ways of resolution appear that could not have appeared otherwise.

Meditation

Allow yourself to connect with the feeling of love you have for the others who share community with you, in this group, in other groups in which you share. Bring the energy of this shared love into your body, and feel a sacred space grow within you.

silence

You are being welcomed into the sacred space of the Heart and you are opening and offering a sacred space in your heart, a loving place into which others can surrender. When this sacred space within is joined with the sacred space of the Group Heart, it can provide resolution and answers to questions that may not occur any other way.

Take a few moments in silence to feel this opening. Welcome and feel my love circulating through your heart and circulating through the Group Heart. My love is expanding the sacred space in the process of this circulation.

silence

When you are faced with personal suffering or the need for peace in a terrible crisis, it sometimes feels impossible to face it alone. I am teaching you that the heart can embrace suffering and bring forward peace in ways that are profound. It is mysterious the way the heart works, the way love can heal.

I am here to help you open your capacity to experience suffering and to realize there can be support in a Group Heart such as this one. Places in which you share community can create healing and peace. This is important to remember, because suffering has increased on the planet over the course of your lifetime and will continue to increase.

Each of you take a moment now to ask for peace and healing for yourself, for someone else, and for some place on Earth that may be suffering. Let the Heart that has been opened circulate your prayers through its many chambers.

silence

Become aware how these prayers are now being answered in a deep and loving way.

silence

Now take a moment to feel the gratitude being returned to you for opening your heart and for offering your prayer. Take a moment to receive back. There is not only the giving of love; there is also the receiving back in gratitude. There is great gratitude from the Heart, from those you have prayed for, and from the world. Feel the gratitude rushing back into you, just as the wave comes in after going out. Take the time to receive now. It will sustain you until the next time you are called upon to pray.

silence

Feel your heart filled with peace. I love you very much. Feel free to call on me always. I am with you whenever you call, in your heart, in your prayers.





Healing Betrayal

Let us work together to heal the experience of betrayal, to know the mysterious way love works.

To bring peace, we must seek redemption and peace for the one who has betrayed as well as for the one who has felt betrayed. When I say you must offer your love to the one who has betrayed you, it sounds illogical, but it has a profound and mysterious effect upon the entire system when this love is offered. A prayer of forgiveness does not mean that justice will not be served: the increased love will bring a deep justice. Gratitude can pour forth from this act of love and touch both the betrayer and the betrayed--and the entire world--in ways unimagined before.

Meditation

There have been many times for each of you, in each of your lives, when you have felt betrayed. In this moment open your heart to one who has betrayed you. In these moments, if you have the courage, send love to that person. Know that the one who has betrayed you is the one who is suffering the most. The betrayers are the ones who have lost their way. Call upon me in this moment, and I will be with you as together we send forward a prayer of compassion and love toward the betrayer.

silence

When this happens, there is a tremendous transformation in the energy field between you and the one who has betrayed you. This release of energy radiates out to touch the world. Because of this prayer you will experience inner wholeness, and blessings will come to you that could not have happened otherwise.

You will have freed the betrayer from the deepest mark of being a “betrayer,” and you will be freed yourself from the mark of being a “betrayed.” Pray with me now once again, bringing forward a prayer of compassion and love toward the betrayer.

silence

The betrayer then becomes for you the one who stimulates and brings about the power of healing. You can find this to be true in the experience that Jesus had on the cross. Do you understand the power of that moment? In that moment on the cross, Jesus had compassion and love for the one who betrayed him. He asked for forgiveness for the one who had betrayed him. The profound impact of that moment has radiated through history, touching all with its healing power. It has created the capacity for compassion in an individual heart for the one who has betrayed. It has taught us about the function of the betrayer. This truth is at the heart of Christianity. The capacity to forgive and bring forward compassion has profound healing--that radiates beyond the individual circumstance-- to the community and to the world.

Sometimes you may feel the betrayer to be a group or a country or an ideology that binds a group or country. Sometimes you may feel divided into both betrayer and betrayed within your self. In all of these experiences, if you feel compassion for the group, the country, the person, or that part of yourself that you feel is the betrayer, you will see and feel the profound healing effect on the whole.

Connect now to the love and compassion that can emanate from your heart as you connect to my heart. Feel my presence moving through you, awakening you to the power of forgiveness that you carry within you. My love is expanding through this prayer. Take a few moments to feel the expansion and circulation of our love.

silence

Become aware of the capacity of the Awakened Heart to forgive. When you are faced with a terrible moment of betrayal, it feels impossible to forgive. I am teaching you that the Awakened Heart can embrace the suffering and bring forward forgiveness and peace in ways that are profound.

Take a moment now to ask, again, for forgiveness for someone who has betrayed you, or even for the part of you that has betrayed yourself. Let our joined heart, the Awakened Heart, open to circulate this prayer through its many chambers. Allow the mystery of this healing prayer to work within the Awakened Heart.



Betrayal and Conflict: Developing A Spiritual Practice

Where is Jesus right now, and what is he doing?

Right beside you, sitting beside you! He is beside each person who asks. He is right with you if you choose. Just as I am, He is with you. He is with the suffering in this world. He is ceaselessly, tirelessly present when anyone calls upon him in prayer. He is working to bring the Christ energy into the world.

He is working ceaselessly. Much of His love centers on feelings of betrayal. If you feel you have betrayed yourself, or if there is any area in which you feel you have sinned, He will work ceaselessly to help you release that so it does not cloud your thinking or keep you from giving of yourself fully to the world. That is His promise.

He is working to resolve conflicts. In particular, He is working to resolve conflicts in places on the earth where His energy is a focus of the conflict, do you see? He is there in those places of conflict, whether in an individual heart or in a temple or in a church or in a place on earth. If there is a conflict, particularly around Christianity, He is there wanting to help resolve it through the heart. He is working everlastingly for individuals and the planet. He is a powerful force for resolving conflict. That is His primary interest; resolving conflict in the soul and in the world.

I spoke of the betrayed and the betrayer in the previous message. How do we respond to someone who has betrayed? Is it with righteousness? Do we need retribution? Rather, I suggest we focus our hearts upon that person or that group who have been accused of betraying and realize they are the ones who are suffering even more than the ones betrayed.

Your sending love to that person or group in that moment of your realizing they are suffering has the effect, in that moment, of dissolving the ignorance and the suffering that is attached. In that moment, the whole experience of betrayal for both betrayed and betrayer begins to transform. Sending love to the betrayer or the “enemy” is a courageous act. In that act of love, you unleash a form of love that heals and transforms as can happen in no other way.

When you open your heart to the suffering of the other, there is an immediate transformation of the suffering. In the Buddhist practice of Tonglen, one breathes in the suffering of the world and breathes it out transformed as love and light. I am suggesting a similar practice. I urge you to consider it as a practice. Remember Love is more powerful than any darkness, illness, evil, destruction or betrayal that is in your personal life or on the planet. It is much more powerful.



Meditation

Let us begin our meditation with sending love to your self.

silence

Welcome into your heart all of your conflicts, all of your personal darkness, all moments of fear and doubt and self betrayal.

silence

Your personal heart is a reflection of the Divine Heart. As you open your heart to all of your conflict, doubts and fears and feelings of self-betrayal, realize that because your personal heart is connected to the Divine Heart there is room for all of you. Remember that there are many, many chambers of the heart. The circulation of love within the Divine Heart, as well as within your personal heart, works much more effectively when you realize it contains many mystical chambers beyond what can be perceived by science. Knowing this helps you release all aspects of personal suffering into its circulation. If negative feelings are not allowed into the heart, the heart is not allowed to do its job of circulating the suffering through the energy of Love.

Keeping individual or collective darkness from the heart creates damage and causes more suffering. So when I say to you, "Open your heart to Who you Are," I hope you understand now that I mean all of you; all of your perfections and imperfections are to be welcomed into the heart. Once that happens, your heart expands, the circulation of Love increases, and you realize the heart's capacity to receive first yourself and then the "other" into the flow of Love.

silence

I will assist you in this process, in this practice, when it feels too much for you. It is my greatest joy to help you. When you call upon me and our hearts join together, it empowers you and it empowers me. When you are tired or overwhelmed or afraid, you can rest for a while in my heart, and we will rest together in the great Divine Heart that is infinite. It takes a tremendous amount of courage to face personal darkness and to face the darkness and suffering that are on this planet.

Let me help you in this moment. Release your suffering. Let me take it from you. I will take your suffering into my heart. I will circulate and embrace your suffering with my love. You can then open to who you are and more love can flow through you and into the world.

silence

Now allow feelings of conflict or betrayal to be dissolved in the force of Love. Invite the betrayer and the betrayed to be welcomed into the heart. Forgiveness washes away the darkness. Peace is here. I love you.



Healing Past Negativity: "Taking Back" Thoughts or Feelings

Some people say, Mary, that each thought you have ever had is in the Akashic Records forever. There are often thoughts we wish we could take back or feelings we wish we could take back. Is there a way to do that, to alter that Record?

I am so glad you have asked this. It can be done right now, this moment. Each one of you has the capacity to take back thoughts you wish you had never had. You can do it this moment and in the meditation that follows. Through the practice of opening your heart with kindness and compassion toward yourself, you can take back the thoughts and can reverse any negative effects the thoughts have had, no matter how far in the past the thought was made and no matter how far reaching the effects.

Ask me to be with you. I will help. I will actually take the thoughts from you and transform them. This will in turn transform all negative effects of those thoughts. This gives you a chance to "clean up" those moments you feel have done some harm.

We each have the capacity to do this in an instant. It is not something you have to spend a lifetime working on. This is what I want to impart to you. It is not something you need to feel guilt about for a lifetime.

But Mary, does this "taking back" eliminate our need to take responsibility for harm we have caused?

You *are* taking responsibility by bringing it deeply to mind and deeply into your heart. You are recognizing that you may have caused harm. This is taking responsibility for it. And then you are taking a most courageous next step of surrounding that moment with Love. You are taking an action, a healing action. You are not avoiding the situation. You are taking the enormously important step of taking responsibility for it and healing it.

In a moment of deep compassion and forgiveness toward yourself, not only are you free of the negative thought, of that moment, but also the effect of it is transformed in that moment as well. Healing will radiate beyond the thought to everything, every person, every moment that was affected as a result of the original negative thought. All of it is instantaneously relieved and released. There is a new sense of freedom on the planet and in the cosmos as a result of that moment of healing. Do you understand the power of this possibility? It is profound.

Understand that the reason you have negative thoughts or feelings in the first place is because you so much want to connect in Love with an experience but are instead frustrated by an obstacle to the Love. Negative thoughts are caused by not being able to experience fully the love or joy you need to experience in that moment. That is always the case.

When you are taking the negative thought back, when you are surrounding it with love, the potential of the Love you were seeking in the first place is revealed.

To take back negative thoughts frees the Love that was trapped in that moment. This Love can now radiate into the past, present and future. That one moment which held darkness has now been transformed. Past, present and the future potential are now open to Love.

Meditation

Open your heart to the possibility that anything you have ever thought, said, or done that you do not feel comfortable with can be transformed. Identify one moment. Bring it deeply into your heart and into your mind. Ask, in this moment, that you and that moment be surrounded by Love.

silence

There is a joy in my heart and in the world when as healing happens. The Love you were seeking in the first place is now allowed to flow freely. Feel your heart awaken and fill with Love. Feel your heart awaken.

silence

As your heart awakens, Love radiates deep within your Being. This Love can transform any negative thought. Recall another moment you wish you could "take back." As you take this moment deeply into your heart and mind, realize you are accepting this moment, you are now responsible to this moment.

silence

And now surround this moment with Love. The negative thought begins to dissolve, and the moment is transformed in your presence as your heart is awakened and you surround this moment with Love.

silence

In this moment, release any remaining suffering around this moment to me. I am touching your heart. The moment will continue to be transformed by my Love.

silence

You are now free of this suffering, free of the negative thought; it has been transformed. You are free to bring the love, the joy and the blessing that was trapped in the moment to the world. Remember, the Love that is within you can always embrace and transform suffering.

silence

Take a moment in gratitude to receive back from the moment all the love that has now been released and is now flowing freely.

silence

I love you very much. Feel free to call on me always. I am with you whenever you choose in your heart, in your prayers.



Giving and Receiving Love

I am so exhausted from all the demands that I have been under lately. I have given so much. Can you help me heal from this?

When you have given so much, you must take time to receive back. You must take time to be restored after such giving.

It is to the heart that one can always turn. There is an eternal source of replenishment in the heart. If you cannot find it within yourself, reach out and find it in the hand that reaches out to you from another, find it in the sun that rises each morning, or call out to me and I will be with you. There is always a place to find nourishment. It will be there for you. There are many hearts ready to send forth love to you when you are in need. We need your energy. We will do anything we can to restore you, because you are so needed. There is so much work to do.

My purpose is to awaken your heart to the Love that rests within. The more I can help you awaken to this Love, the better you and the world will be. You must not think it will take lifetimes to come to this self-realization. It needs to happen now.

Do not worry if you forget one moment to the next, if old patterns of behavior come in to distract you; it is all right; be gentle and tolerant with yourself. Simply remember in that moment of forgetfulness and say to yourself, "Ah...I must give love to this issue. I must give from this eternal source that lives within me. The world, this moment, needs it now. And then I must open to receive back the gratitude that will nourish my heart"

It is my deepest joy to participate in this work of awakening with you.

Meditation

Invite me to be with you. Open your heart to receive my Love. I am filling you with an endless supply of Love.

silence

Those of you who are sharing in this meditation and are not exhausted and feel able to give, send forth your love to those in need who are also practicing this meditation. Do not be afraid to give of your love. You will not be drained. Your heart is filled with my Love, my Heart. It contains an eternal source of Love.

silence

Those of you who are exhausted, who have given so much of yourself, allow yourself to receive the Love that is being sent to you now, from others, whose hearts are filled with my love, with Love that is eternal. Allow this love to circulate through your heart, restoring you.

silence

And now, those of you who have given, open your heart to the gratitude flowing back to you, your heart is being restored by deep love and gratitude that comes back to you for what you have given. Gratitude is flowing to you from me, from the others, from the world, for your having given love where it is needed.

silence

What I am suggesting is a dynamic law of Nature and of the Universe. When you send healing and when you send love, whether it is to someone in need, whether it is to some part of the world that is hurting, whether it is to yourself, there is a natural response of gratitude that emerges from within the heart. In that response there is a giving back. Remember, after you give of your love, you will always be a recipient of the love that comes circulating back toward you.

Take another moment, each of you, to receive the love that is here for you. Love is here for all of you.

silence

Remember after you have given so much to be open to the gratitude and the love that comes back toward you from many directions. It comes from so many directions and dimensions that you have not even imagined. There are many dimensions and levels of being that are longing to share their love with you for what you have given.

I love you very much. Thank you for this work. Whenever you call upon me, I am with you, in your heart, in your prayers.



The Power of Forgiveness: Practicing with Mary

Forgiving others for what they have done to me is less difficult than forgiving myself for things I have done unconsciously which may have harmed someone.

Whenever this happens, first ask for forgiveness for yourself. Then ask for me to be with you, and I will help you. Together, we will surround the experience that may have gone sour, in which you may have had an intention of healing, but it somehow went sour and went in a direction you did not intend--we will surround the experience with Love.

We will ask that that moment be transformed. The past, the present, and the future will be transformed in the moment. It is that simple, and it is that profound. You are actually applying your love to the experience. You are choosing to bring your heart to the situation and asking that it be transformed in Love.

This is not merely a thought. It is a courageous action. The force of the Universe works through you in that moment. In that moment Love is harnessed through you and your heart, and it brings about transformation. It is in the best interest of the Universe that transformation takes place. All Love that exists throughout the Universe works for you in that moment. It is in the world's best interest that this moment be healed in Love.

But it requires your decision, your choice, your courageous action of harnessing Love intentionally, asking it to move through your heart to transform the problem. You are the carrier of every future action you will take, and so you must constantly surround yourself with Love and with Forgiveness, particularly when you realize you have made a mistake. In the moment when you become conscious that you may have caused harm, surround yourself with Love. Do not waste a moment.

One can say, "You learn from your mistakes." Yes, this is true, and you learn more when you surround the mistake with love. In that moment of surrounding the mistake with love you witness the force of creation. Yes, you learn from your mistakes, but you do not learn by dwelling in the negative consequences. You learn by forcing the moment, the mistake, to become an experience of Love. Then you see that all negativity is merely darkness that is longing to be transformed.

You must be ready to take the action of Love in every moment. Do not judge or dwell on the mistake, but immediately--force yourself almost--to move into the place of Love. You will see that the insights and the healing that come from this are incredible. Then you will have truly learned from your mistakes.

The force of Love will be unleashed into the past, present, and future, and into the lives of everyone touched by the original experience. Rather than causing harm, the moment becomes a blessing. It returns all more quickly to the source of Love that is longing to be known and remembered in your heart and in the heart of the other and the heart of the world. Do not be afraid. That is why I say, "Do not be afraid to touch the suffering and to reach out with Love."

Meditation

Remember a moment when you may have unconsciously caused harm

silence

Ask for me to be with you. Together we surround you and the moment with love.

silence

The force of love is moving through your heart and is unleashed into the past present and future. Love is touching the lives of everyone affected by the original experience. All is transformed in the moment. Healing is happening now.

silence

Feel the gratitude throughout the Universe for your having the courage to surround and transform this moment in Love.

On Judgment and Irritation

I feel that my goal is always to bring more love, but I feel myself having all these judgments coming from my mind, and I find myself getting irritated at little things, and I don't know what to do with that.

I understand. I would say that some of these little obstacles, judgments, or annoyances have come your way like little children that need to be surrounded by care, listening, and love. You will find that they will dissolve more quickly that way. You do not need to be annoyed at them and say, "Why are you here?" But rather say, "Ah, you have come. Let me listen to you."

The more you are compassionate toward them, the more you give your attention to them, the more quickly they will transform. It is important that you take each obstacle or judgment as if it were a child needing to be heard, and in just the way you would surround a child with love, I want you to do the same with your judgments and irritations at those moments. You will find that, as with a child, problems will dissolve with that kind of care, and you will be able to go on with your day feeling loved and more loving.



Dark Night of the Soul

Can you speak to me about the "Dark Night of the Soul"? I experienced something that felt like a Dark Night of the Soul.

The dark night of the soul is when someone feels he or she has been abandoned by God, abandoned by the light that lives within, the light that reminds one of ones connection to Divinity. It is the moment referred to in ancient traditions as the moment when the eclipse comes over the sun. It is the feeling that all light has disappeared.

But in those moments, if one remembers, if one realizes that this is impossible, then one searches and seeks for why this experience is happening, for its deeper meaning. Always those who have been through what is called the dark night of the soul report coming through the other side with an even deeper truth and inner connection to God, to Divinity, to their own inner light. It is an experience that happens to individuals who are destined to know even more deeply the truth of Who They Are, because they are going to be called upon by God to share their conviction of the light even more deeply to others. So if someone is not sure of his or her conviction and needs to be absolutely certain of it, he or she may go through a dark night.

Often, the experience of the dark night of the soul comes in that moment when one cannot find God, when one feels lost and has forgotten ones way. It is an experience of such exquisite despair, and there are such extreme feelings of abandonment that it is difficult to describe. In the finding of the light comes the most important moment. Once one finds it again, one realizes, "My God! This absence was placed there by You!" This absence is really an absence placed there on purpose in ones life by God.

When you find the light again, you realize you will never again stray from your conviction and awareness of the Divinity that is within you and to which you are connected. It will always be with you and you will never waiver. The dark night is therefore a gift.

Primitive cultures, whose gods lived in nature, understood that in the solar eclipse tremendous change would take place. Nature would respond. It was terrifying when the light of the Sun would disappear, but the people also knew that something would be coming that at first might mean disaster or deprivation, but afterwards greater abundance would be present than before. For example, when the Nile would flood, it would cause some destruction, but incredible richness would result. The soil would be permeated by the silt from the river floor. The land would now be filled with energies it never had before.

When one regains a connection with God after a dark night of the soul, the sense of renewal is enormous. The connection will never be doubted again.



Receiving the Potency in Medical Treatment

Mary, I would like to ask a question for the sake of those who are going through difficult medical treatments. I would appreciate a point of view from you as to how one can best receive treatment and how one can place ones mind and spiritual understanding so as to enhance the body's acceptance and response to what may seem like very onerous treatments, once one has made the decision to go ahead with those. Can you be of help in a general way?

You must love what the doctors are doing for you. When you realize that the doctors and scientists have put their hearts and minds into finding a cure, when you find that fundamental truth, then the treatment, as crude as some of it is, is a treatment based upon Love. It is based upon Love and the desire to find the way to transform an illness and to eliminate suffering and disease in the body. If you can grasp that original potential, then you can ride the wave of the Love, of the essential nature of the treatment, which is intended to heal.

If you stay attached to the negative side effects, if it is something you have no choice about taking, then the negative effects can be amplified. If you focus instead on the healing potential that is there, it will enable you and your body and the force of love that is guiding the doctor to effect a cure. It will help you to link hearts and minds with the original energy of Love. The treatment will penetrate the body more quickly and directly. The negative side effects will be less because of this. It is a matter of focusing the mind on what is potential in the treatment. To hang onto the doctors' words of what is the potential cure in this treatment is enormously important. It affects the mind and body's response in being able to accept that potential.

When you are taking a substance, whether it is injected, ingested or received externally, open to the force of Love that is part of its original source. With that as your prayer, you are able to minimize negative side effects and enhance the treatment. And if you ask loved ones and a meditation or prayer group to focus on the healing power of love within the treatment, as well as within you, the patient, love will be magnified, and you are going to help the treatment become a cure. You are magnifying the Love that is already within the treatment or within the individual.

From what you are saying, it sounds like we have to attach to love rather than to fear in those situations.

Of course. The fear is really just a hoping for Love. The fear is that Love will not be there, do you see? That is what fear is--the fear that there is no Love. I am asking you to realize that the Love is there, all around you. All of the treatments that seem so scary are borne on Love and on the Love that exists in the hearts of those who have joined the healing profession. Once you open your heart to the Love, it connects the doctor and the treatment to the original Love within.

Healers or groups working with the power of Love can work as effectively as some of the advanced medical treatments, but there are not as many statistics on this. To use the two together can be the most potent treatment one can have. What a combination; what a force!



The Nature of Healing: Awakening to the Force of Love

Mary, what is the nature of healing?

For one thing, there is a removal of all obstacles to the force of Love. That is the beginning and the end of all healing. But it manifests on physical or mental or spiritual levels in different ways. Sometimes it takes a while for someone to remove all of the obstacles on all of the levels. It depends upon what the obstacle is and how quickly it can dissolve.

This is why I am here on the planet at this time in so many different incarnations and forms. It is essential that as many of those obstacles to love be removed as quickly as possible. I can help increase the speed of the healing through the force of Love.

There is no time. There is urgency on the planet for as much Love as possible to be transmitted to those in need and to the world. When Love is freed, there is an enormous force of energy that can transmute darkness, whether that is in the form of an illness, of an inability to see, of an inability to forgive. Any energy that is keeping you from feeling the beauty of every moment must be dissolved. That is the first and the last step. The primary goal is to remove the obstacle to Love; then healing happens.

Once there is an experience of Love, no matter when in your life, it exists forever. You can recall a moment when you experienced Love, and it will be as present as it was in the moment in which it took place. We have to expand our ideas of time being only linear. We have to open to the possibility that any time you experience love it is there for eternity.

If you can recall an earlier time in your life of feeling full of love, then, depending on how deeply you can invoke it, it will pour forth into your current problem and will remove all the obstacles in the moment. This is a profound understanding. The energy of Love is 10, 20, 50 times more powerful than the power of darkness or illness.

Once you have had a moment of Love with any individual, with any flower, with any tree, with any experience that touches the heart, it exists forever.

So If I'm feeling stuck, I can recall the love and apply it to the stuck position.

That is correct. It will resolve the feeling of being stuck instantaneously. Also understand that as you continue on your spiritual path you develop an even greater capacity to experience Love.



This is another aspect of why I am here: to increase your capacity to experience and transmit Love. When that capacity is realized and expanded, more obstacles to love in your self and in the world can be dissolved. That is why I invite you in every moment to not be afraid to invoke my presence and say, "Fill me with Love now."

You will find as you grow and evolve as a spiritual being that not only does your heart expand to accept the Love, but also your personal capacity to transform the suffering and the obstacles in your life and in others' lives grows. You do grow in this respect simultaneously, do you see?

That is another reason it is so important we are sharing in this way. You are here to learn that the capacity of Love can be expanded to transform more of the suffering in the life of the planet itself. My goal is to have you experience this.

As you welcome me into your heart, my purpose becomes to awaken you to Who You Are. Who you are is a being of Love. There is no time to wait. In the past, in linear terms, there was a sense that it could take lifetimes for any individual to reach enlightenment or to be fully incarnated as a spiritual being. Now I am saying to you there is no time to waste; it must happen now. There is an evolution in conscious awareness on the planet, and ones individual consciousness must join this transformation. I am inviting you to realize this now, in this moment. You must awaken to Who You Are now. It will incarnate itself differently in each of you, because each of you has different talents and gifts related to your purpose. I am here to help you awaken as fully as possible, as quickly as possible, as this will increase the amount of Love on the planet. We are all here to help each other and this planet survive.

Closing Meditation: Circle of Love

We create a circle of Love. You and I create a circle of Love. This extends to the group that is meditating together and which creates another circle of Love. Feel the light from your heart join the love from all others who are sharing in this meditation. Feel the center of the circle glowing with a Love that is beyond anything you have experienced.

silence

Feel your heart opening even further, awakening your capacity to bring joy, to bring prosperity, to your family, to your friends, and to the groups and communities of which you are a part. In this awakened heart is a beautiful energy, one that is so safe, one that is so sweet.

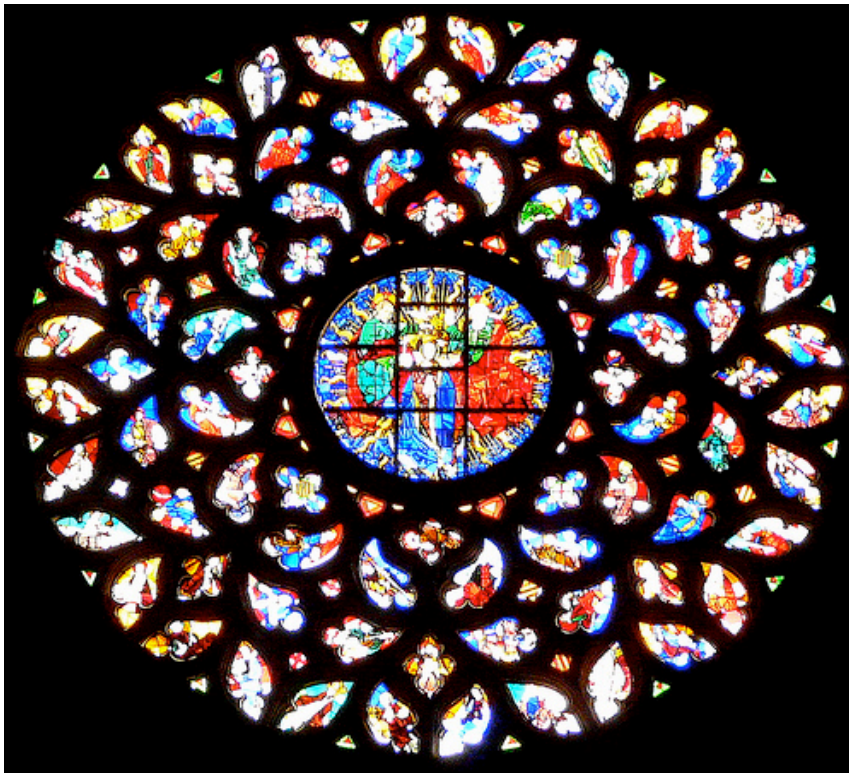
Each one of you ask in prayer for healing for yourself, for those persons, animals, and places on earth that need healing at this moment. Together your prayers will sound like a heavenly chorus.

silence

We ask that these prayers for healing be welcomed into the center of this glowing circle of Love. We ask that these prayers be surrounded in this love and that healing goes to where it is needed instantaneously.

silence

All that is here is Love. Remember, this Love is here for you always. It does not leave. You can call upon the Love that has been awakened here, any time you choose. Let it touch you. You are now in deep connection with its source. Each of you has brought something so special to this group and to this healing circle. Each of you has brought love to the world. Everywhere you go, you are a being of Love transforming the world around you. It is my greatest joy to help you remember Who You Are.



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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