



Spirit Matters Newsletter

Inner Re-connection for Self Empowerment

June 2006

~~~~~

**In this issue**

-- Heartbeats Unite and Move the Earth

*Hello Everyone,*

*I hope and trust I find you all very well with this newsletter!*

*This channeling from Sprit comes out of simply asking what I needed to hear right now. Ha! It strikes me now as I write this that the subject of this dialogue is on the heart center which might possibly have something to do with the fact that I have been having some slight but clearly physical pain in my heart. Being the pretty dramatic kind I thought perhaps I was getting ready to leave the planet for good. I now see that Spirit has been trying to get my attention in order to tell me to pay attention to what my heart is communicating. Okay, I can do that.*

*So in keeping with this, I will be doing a free Group Holographic Repatterning session for anyone who wishes to repattern their heart issues, mental, emotional, physical or spiritual on*

**July 3<sup>rd</sup> 2006**

*You are all welcome to join into this session. Tell your family and friends too. Just send along your problem statements, you know, a short description of what is an issue for you now around you heart, and/or your new possibility intentions, i.e. what you like to have instead of your problem. I will send you the results of the Repatterning afterwards. The link to submit is*

<http://www.vivienneturkington.com/html/sendemail.cfm>

*Enjoy Spirit's following message and don't forget to sign up for the session!*

*Love, Vivienne*

©Copyright 2006 Vivienne Turkington. This information may be freely disseminated in whole or in part provided that there is no charge for the information and provided that this notice is attached. If this material is shortened in length, please clearly state that this is an edited version and refer the reader to the full original version from [www.vivienneturkington.com](http://www.vivienneturkington.com)

## Heartbeats Unite and Move the Earth

~~~~~

The Loving Presence of Spirit Descends.

Our love flows to you, Child. We are here. Our love surrounds you and flows to you. Be prepared to receive our words, the words of the Divine as it flows ever swiftly over and into you. Be patient with this step of the process. Breath into this energy as it flows and descends. It will nourish and support you. It is your birthright to be filled with Spirit. Yes Child, breathe it in now.

Simply put, our breath from Spirit moves into you. It allows the passage of Spiritus, the loving arm of God Supreme to hold you and thereby be at One with the energy that created you. You do not need to prepare any special ceremony or induct rites of passage. You simply are one and the same conduit that amplifies the energy of the Divine on the Planet Earth.

The Impact of Heart's Beating Together

Divine Energy is a fuel and it serves to propel the forward motion of God's everlasting presence on the face of the Earth. You represent the loving presence of the Divine. Your awareness and keen understanding of the mechanics of flowing energy prepare doorways to open which bring forth this subtle energy. This subtle energy propels an inner discourse by interfacing communication between your cellular matrixes and the open portals of Divine Intelligence.

Forward motion is imperative as it literally keeps the Planet spinning! Yes Child, interesting to note that your heartbeat, which is a beacon for the Divine, is the powerful energy that keeps the world spinning on its axis. How many heartbeats are there on the Planet, all firing and pulsing at the same time; a constant rhythm, moving, rippling out waves of powerful source energy? Is it possible for you to imagine how big a wave of energetic matter is infused to impulse simply by the collective existence of Humans being? On the simplest level possible you affect the wave and the wave affects how the World turns.

Your energetic heart signal has an enormous range of effect. Yes, we know that it is often startling just to recognize how one's energy field affect's only one other, let alone everyone else on the Planet.

Did you know that as heart's join together they synchronize their heart beats? Yes, literally beating as one beat. If you could be aware with your ears of this sound you make you would never again doubt the impact that your vibration has on the Planet as a whole.

But do not think that those heartbeats that are not in tune with others have no impact. On no, this is not at all the case. The heartbeats of all affect and alter the climate, the landscape and the relational position of your Planet to the rest of the Cosmos.

You think the loudest amplified sounds you send out into the Cosmos in order to connect with others are radio waves. Your collective heartbeat drowns out that sound. You will never be able to disguise the amplification of your collective heart's beating, as the wave continues to move out into the mysteries of your surroundings. Just as the child's beating heart becomes a focused signal of love to get Mom and Dad's attention, so too does the collective heart of mankind reach out above and beyond your immediate known surroundings to be heard and responded to by the Divine. So you see Child, you can try to sit in a closet and pretend you are all alone all you want. Unfortunately, your heartbeat will always give you away. You will always be known.

The Heart's Spiritual Alignment

So please, talk more about the heart. Scientifically, we talk about the physical heart in terms of whether it is healthy or ailing. We break its function down to its mechanical components only in order to understand it and merely appreciate what is obvious from physical sensations. Your dialogue informs us of a greater purpose for the beating heart that is Spiritual and Cosmic in nature. Tell me does our collective rippling wave of heart pulsation have a specific language or dialogue that can be read?

When you broadcast the status of your collective heart's health or illness as you put it, you are really announcing something else. You are announcing your Spiritual alignment, and in Spirit terms what that means is that you are communicating your readiness for expansion or collapse.

Troubles and difficulties are the predominant themes being experienced on Planet Earth right now. Each of you perceives your personal and collective issues with your eyes. That has been your predominant method of awareness for quite some time now. So when you perceive your World with your eyes it produces a response in your heart. So say, for instance, your perception were closed to the larger awareness of God's Divine's presence on Earth, say because you have filtered out being able to 'see' God/The Divine moving among you, well then, under these circumstances when you encounter stressful situations you actively manipulate the heart to pulse at a frequency less than its optimum for full 'healthiest' function. It would be as if you had reduced the components of the heart center to half its capacity for enlightenment and productivity. Your command to your Beingness, if you were conscious of it, would be heard as, "Turn off your fullest open empowered state. We don't want to be that awake right now."

For difficulties and issues of painful experience on your Planet are indicators of growth, which is the movement toward the goal of reconnection to your Divine state, that full blown connection to your Godhead. Pain and such difficulties are the road blocks, the boulders on the path of your journey to self actualization and self awareness. Encountering pain is how you learn to trust the process of growth. Without pain you would not trust that you were growing. You would not see these signposts, these markers along your journey and you would be lost as to the best direction for you to take relative to your optimum pathway to enlightenment. Pain and difficulties are the revelations, the truths that must be absorbed and integrated as necessary steps to freedom. It is common footwork relative to all humanity which keeps growth a priority.

Expanded Heart Center

Having related this there really are only two factors that warrant a dialogue about what creates an expanded heart center which as heart's unite is when you are the most audible. One is the state of joy and how it is able to bring about an overwhelming awareness of self in relation to the Cosmos which cannot be denied, and two, how your inner Divine spark makes you an automatic member of the Universal family.

Joy is the most elevated emotion that best activates a totally opened heart center, for joy fuels the Godhead to expand even more. The energy of Joy is able to perpetuate the species of mankind as it brings about an awareness of a longing for connection to that which created it, and hence pulses out that desire into the Cosmos. Anything that gets in the way of that joy like any other energy fields, also expands.

Your inner Divine spark in making you an automatic member of the Universal family means you can never rescind nor abdicate your connection. Your birthright as a Human Being is that you will always be known and loved as a member of this family. However, if you try to shut your heart down by pretending that the family does not exist and that you are not a member then you cause your heart to actively pulse at a frequency at half its potential. Perpetual heartache on the physical level ensues from this saddened state.

Activating Trust

You have heard the expression when trouble surfaces, "Let go and let God"? What you are performing with this act of surrender at this stage of your development which is the activation of trust, is a miracle. The miracle occurs by trusting your heart center to switch on its beacon, connect with Home and the rest of your Universal or Cosmic family to find a solution for you out of its data base. By giving up your thought process with its limited combined resources of intelligence and focused intent, you allow the doorway into the exponential resource of spiritual truths to open. What you have opened into then awakens, activates and operates in your highest and best interest. So can you imagine at what level of operational function your heart beacon is now performing once you have activated trust?

Well yes, but I have a question about this signal. If the heart center is or has been shut down because of difficulties or painful experiences, doesn't that interfere with being able to function properly once reconnection with the Divine and Home is made once again?

Your question warrants an in-depth answer regarding the components of physical health that currently exist on your planet.

Place yourself for a moment in the center of your own heart Dear One and answer this question: when do you feel the most pain around your heart?

Are you asking me about physical pain or emotional?

Ha! Ha! See which one is greater.

Well, I think the greater pain comes from those times when I feel all alone and disconnected from loved ones.

And does this pain linger?

Yes, it lingers until I either cry which softens my heart and makes me aware of what is bothering me or I talk about it, searching out someone to share how I feel.

Okay. So do you see by your example how the very act of pain in your heart is an invitation to reunite with the heart, the pathway to truth, to initiate a dialogue about the state or condition that currently exists?

Yes, I can acknowledge that.

Very good. Now see what is happening. The heart center, fully aware of its environment and the energetic 'You' in relation to your environment constricts the flow of vital nourishment to your system in order to get your attention. "Pay attention. Something is out of balance," is what it is saying. Now, the magnificent intelligence of the heart is so finely tuned to you that nothing goes unnoticed. Your imbalances are beautifully broadcast outward as a 'pain' so you can have no doubt as to something going on.

However, because it has come to pass in your current reality that many have lost their way Home, their pathway to truth and the teachings that go along with how to return Home, many now have created the need that pain manifest as a physical break down such as an illness that can be diagnosed before you will act to pay attention to yourself. More subtle levels of pain or let's call them imbalances are not picked up by the receptors of your intelligence because essentially you have been taught it to ignore your heart's promptings. You have placed undue burden on yourself by polarizing your intellect, asking it to filter out the subtle energy signals of your heart because your culture has refused to acknowledge truths about who you really are and your familial connections existing in the Cosmos.

Your heart naturally adjusts its flow of energetic pulsation to you, through you and even back out to others first before distortions in your physical body become unavoidably self evident. In this way you are 'warned' about the state of your health and wholeness. As you can see you are always given plenty of warning. This is why waking up and being aware of who you are is extremely important. The health benefits are ineffable.

The vibrational signature of your heart that pulses into the Universe has at its disposal energies that can carry that signal along to the appropriate receiver. By example, it is like putting an envelope in the mailbox. That envelope has your energy in it, yes, but it is the mailman with a whole network of support that carries your energy/envelope to its destination.

Think of it this way. Your energy signal may be weak and distorted from previous lack of use but the essential components of the signal can never disappear entirely. It is simply that truth is itself a powerhouse, and therefore a source of energy which can move subatomic particles to reconfigure instantly and reset the dial on energy imbalances. Once the truth is known, even if it's as base as, "There must be more to life than this!" a statement often spoken in despair but a truth, is then all that is

5

required to set new possibilities into action. Couple that truth with trust and you are on your way to recover.

So are you saying that you can reverse damage done to the heart, even physical damage?

Remember you are a beacon of light and your light shines its brightest when you are aligned with Universal truths and you are able to live those truths. If you are now in the recovery stage to rebuild muscle strength and circulation in your heart you can literally double your efforts by allowing the Divine presence of your Universal family to engage in the recovery process. You can activate the mailman; remember the analogy, to go fetch you a miracle. By surrendering to God and your Universal family the ideas, beliefs and perceptions that cause heartache you will quickly find solutions that move you swiftly onto your road to recovery, and much quicker than if you had never paid attention to that conversation your heart has wanted to have with you all along.

Thank you