



THE
Grounded
Heart

STACY SULLY

The Grounded Heart

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PREFACE

The Grounded Heart is intended as both a guide and support for anyone who is curious about embodiment, or one who is already committed to the journey within. These pages represent an infinitesimal slice of the in-depth voyage of self-love/self inquiry.

This information is based on my own personal healing pilgrimage of many years, as well as my experiences in working with clients directly in my healing practice.

It is my best attempt at describing in words that which cannot be put into words: The direct experience of liberation through self-love/divine Love, on the path of embodiment.

I would love to support people in receiving this knowing ever more deeply: that God, or infinite existence, is actually very simple, profoundly still and quiet. Yet the many ideas we hold about spirituality tend to get in the way of this true knowing.

I therefore encourage everyone to let go of the expectation or hope of having spiritual experience. Light, visions, voices, mystical occurrences, ecstatic states, guru devotion, and/or spiritual phenomena—they all have their place. If they appear to be part of your journey for a time that's fine, but let go of them easily. Don't hang on tightly. Ultimately they will hold you back and will no longer serve you.

Let go of all the comparisons: what is or isn't spiritual, who is spiritual, who is a privileged soul, or a lesser soul. Let go of your definitions of what healing is, of what enlightenment or awakening looks like. Don't decide who seems to have the ear of God, and who does not. None of this serves you. It only slows you down.

Another very common (and very understandable) pitfall on the spiritual path is fallen into by many: We may innocently reject our own divine identity, by handing it over to a being we perceive as far greater than us. Therefore, with deep self-honesty, it would be helpful to inquire whether you may have fallen into any form of personality worship. Not just devotion to a living guru; this also applies for Jesus or any other historical figure of transformation. The Christ IS our eternal Oneness in God. This is equally true for each of us, whether or not Jesus is revered as a symbol of that union. Let the union itself be what we are consumed by.

Harness your faith and stand empty. Release all beliefs, wanting nothing for yourself. Want everything for the One that you are in truth. Get to know just how remarkable of an infinite miracle you are—without concepts, without a single reference point!

*“All things are within the heart, the home of the Self.
Outside there is nothing. Those who look outside themselves
are left wandering in doubt.” ~ Arjan*

THE GROUNDED HEART

The Grounded Heart is a heart that remains open amidst everything that life brings. A heart that remains open and committed to Love, in the face of pain and suffering. A heart that freely displays its vulnerability in all situations, and forgoes all defense patterns in favor of Love.

The grounded heart is Self-aware. It knows its only true origin is Love: Fearless, receptive, limitless and deeply anchored in quiet, still, Self-governing presence.

“A person is not a thing or a process, but an opening through which the absolute manifests.” ~ Martin Heidegger

WHAT IS EMBODIMENT?

Our intellectual, conceptual understandings about self and world may seem to feed and sustain us for a while. They're comfortable—until life brings a larger, uncomfortable truth our way that refuses to fit the mold, and we are forced out of our conceptual box and into a less contained way of thinking.

This borderless place at first can feel very unsafe and uncomfortable. So we tend to run back to the intellect, where we believe we are safe and in control. But that only seems to work for a short while, and then life flips the switch again. And out we go once again into the not knowing.

Eventually we cease trying to control life, recognizing that life can't be controlled, any more than it can be squeezed into a tidy intellectual framework. Finally we're ready to start to trust deeper, and as we choose to do this, the heart (once a relative

stranger to us) becomes increasingly familiar: No longer just a vessel for emotion, the heart becomes a conscious partner that wants only to liberate our mistaken ideas of ourselves, in support of our deepest healing.

We cannot speak of embodiment unless we speak of the heart. There is no embodiment without it. It is central to our experience of a much vaster truth, a truth that only the heart can contain and know.

The more the heart is trusted, the more it will reveal its entire landscape. And then self-love/divine Love, which longs to greet every hidden corner of your being, begins to make itself known to you. Layer upon layer of the hidden unconscious becomes liberated through the heart. The emancipation of the unconscious is the richest sort of alchemy, and results in this direct knowing: Only Love has ever been present. When we know this in our very heart, we then become this. That is the meaning of becoming embodied.

One moment of deeply anchored heart centered awareness can release 1000 misconceptions in a single heartbeat.

*“There is no contradiction between body and spirit, between mind and matter.
These are just words we use to understand one thing.”
- Zoketsu*

BODY AND BEING

For best results, go direct to the Source. If you are dependent on anything, anyone, any teaching, spiritual mentor or guru, dogma or prayer...release it all and stand alone. Carry nothing with you. Naked and empty of preconceived concepts or ideas, go within and go direct. Let your body carry only your awareness. Allow it to become the entrance to existence itself.

When light and truth are allowed to descend into the physical form via your awareness, uncompromising wisdom becomes anchored within. This gentle wisdom clearly sees through all pain and illusion.

Our bodies are the Earthly temples meant to house the light of awareness that we are. These impermanent vehicles beg to hold the beauty that is your awareness. They

call out for direct knowing of immortal experience, which only the light of truth can provide. As we permit this union to fulfill itself, we directly come to know what it feels like to be the Love that we are. We bring Heaven to Earth, and Spirit into flesh, as we develop the ground within. We anchor our light, truth and willingness firmly in the present moment, and in so doing, we begin to know and Love ourselves truly and completely.

It is our willingness in this process that cultivates peace, joy, acceptance and wisdom. These gifts are our birthright, and are always available for everyone to experience directly. The silent wisdom within waits with infinite patience, for us to come calling. When we do, we are gladly given everything.

When we cultivate the practice of going within, we come to know the ultimate expression of Love. We come to directly know and experience pure beingness. This is the peace that surpasses all understanding. This is what it means to say, I need do nothing. (My beingness is complete and perfect. There is no need for me to 'do' anything else.)

It is this very recognition that connects us to the stillness, the breath, the peace, gratitude and appreciation, home and Spirit. This innocent perception reveals infinite presence. To allow the soul to fulfill its physical experience in this way gives the Holy Self permission to direct your life. No longer is the personality ego in command.

The Love that is your own soul; the truth that is your light; the one Reality that is your true nature—all this is designed to be directly, consciously and physically experienced by you. When we come out of our head and rest our awareness within the body, peace prevails and our beloved Source is known directly. Our heart welcomes the light of awareness, and prepares its limitless landscape for our arrival. There is no

greater awareness than the awareness of self, through the path of your own heart. When we meditate, we are not trying to do anything. We simply allow ourselves to be in the present, placing our attention within our body and breath. We have agreed to stop—to let our daily concerns, our needs and wants drop away, and trust the quiet that has always held the truth.

In the world but not of it. In your body, but not identified as your body. When true knowledge penetrates the very marrow of our bones, then we say we are deeply embodied and resting in the very ground of being. When we become what we know, we embody the Living Christ. Here we know the peace of God, and here we become that truth of ‘I need do nothing.’ The deeper we anchor this loving presence through our body, the more we bring Heaven to Earth.

Lay your fears to rest. As the ground of being becomes directly experienced through the body, fear can be met with Spirit—and this meeting transmutes all mistaken identity. The holy living Son of God transcends the form, to give of itself again and again as the one power, one Love, one truth.

The light of the world is the infused soul essence that is seamlessly joined with, and as, the physical form. The form becomes a radiant beacon that houses Heaven on Earth, and influences everything in its path. The more conscious light becomes anchored through the form, the greater its ability to effect change and transmit divine Love. It is at this stage that one’s old ego structure begins to die, as it cannot survive in the overwhelming presence of divine Love.

“Stay without ambition, without the least desire, exposed, vulnerable, unprotected, uncertain and alone, completely open to and welcoming life as it happens, without the selfish conviction that all must yield you a pleasure or profit, material or so-called spiritual.” ~ Nisargadatta Maharaj

ETERNITY IN MOTION THROUGH EMBODIMENT

Most of us desire safety, security, refuge, shelter, freedom and invulnerability...but from what?

Life? Love? The world? Ourselves?

Perhaps the sought-after shelter is really from the worn out beliefs we hold about life, Love, the world and ourselves. We deeply desire to belong, to be seen, to somehow experience security and permanence, in a life impermanent.

We long to know the motionless in the motion, the being in the doing, the heart in

the superior intellect, the peace amidst the chaos, the permanent in the impermanent. We yearn to know the wholeness and completeness of our being. Yet until we are willing to surrender our beliefs and concepts, direct embodied experience of the truth of our beingness remains nothing more than a lofty spiritual notion.

*“Sitting is most essential. Don’t waste your time by not
doing this.” - H.W.L. Poonja*

EXCEEDING THE EMOTIONAL SPEED LIMIT

Most of us know by now that one can’t cultivate a healthy sense of self through endless worldly distractions. Nor can we be completed by worldly acquisitions or by other people, because completion must originate within. External searching for peace or fulfillment will never be sustainable, for it’s only a temporary substitute.

Worldly joy is favored over sacred joy, and the intellect is favored over spacious intuition. But these are empty calories, letting us feel satiated for a moment, but ravenous once again the next. Our haste, driven by deep dissatisfaction and a yearning for intimate sustainable connection, has us chronically fatigued, adrenally compromised and emotionally detached. The desire for full embodiment is a radical departure from the hypnotically unconscious, anxiety-filled conceptual trance dance that makes up the majority of our worldly experience.

Stepping back and slowing down is essential to re-establishing our connection to Source. The true journey of healing is a journey within. The personal pilgrimage of self-discovery requires a quiet commitment, and an unrelenting thirst for freedom.

When we slow down and lighten up, take ourselves less seriously and come to rest inside, we can laugh and forgive the egoic notion that there is anything to achieve, accomplish or acquire through external busy-ness.

When we mindfully step off of the rushed, accelerated path, we instinctively realign with our heart, our needs and our being. This conscious self-care becomes an intimate communion with Source. We begin to ground ourselves into the safety and freedom of present moment awareness.

Each time we give ourselves this moment, we increase our capacity and our potential for deeper healing, collectively and individually. When we deny the moment, we renounce ourselves in favour of more substitutes and distractions, each one so unsatisfying that we then must run harder and faster, so we won't feel how inadequate it all is.

Grounding, embodiment, resting and being are offered in every moment. These form the gateway to the unlimited reservoir of Source. Ever deeper into the heart we travel, as we agree to meet ourselves fully, unconditionally—warts and all. We turn to face every burden and fear we have been carrying, and in doing so, recognize that our freedom has been here all along! By slowing down into the grounded heart, present-moment stillness is gently revealed. The hurried, overtaxing speed limits are recognized as the escape mechanisms they really are.

“Greater than the greatest good in life is to know who we are.”

- Nisargadatta Maharaj

HEALING THE UNCONSCIOUS AND THE ENERGETICS OF SOMATIC, CELLULAR AND SENSORY PHENOMENA

There is a visceral element to deep unconscious healing. We can't bring our awareness within without touching into the stored unconscious in the body. The result of this meeting is often like a vibrational shake-down. A little bit like a shock wave that travels through the body, seeming to have its epicenter in one particular spot.

The body might want to express these deep releases in all sorts of ways. Sound, movement, stretching, shaking, sweating, feeling cold or hot, numb or jittery, frozen or lethargic. All of these sensations and movements are nothing more than trapped energy attempting to move and free itself. Latent feelings, thoughts and fears rise to the surface, a bit like fizzy champagne bubbles, until

they break through the surface and release themselves.

Our very awareness, when brought into the body, releases these 'bubbles' of stuck, hidden unconscious. Conscious awareness frees them from their unconscious anesthetized state, lifting them into the light (this process is otherwise known as somatic emotional release).

In this lifting, a natural forgiveness takes place. A seed of wisdom blossoms. Consciousness expands as our capacity increases. The healing of the unconscious becomes an immeasurable gateway to deeper knowledge and direct experience of eternal truth.

An intimate relationship begins to form between the light of your awareness, your body, and the unconscious self. A trusted communication begins to take root, and you find that your ability to surrender to the full sensory experience (whatever it may be) becomes less inhibited and more natural. You welcome any and all bodily phenomena without judgment or fear, for in this unconditional space you allow Love and Spirit access to everything that is calling out for healing. This is a way beyond the sensory domain.

Breaking through to emotions that have been protected and heavily defended is what engages the heart. A very welcome, undefended vulnerability follows. Now the more conscious aspect of healing can begin, as you start to explore the inner landscape of your being. You agree to hide nothing from Love, nothing from healing, nothing from Life. Your heart has been given full access to your stored thought forms, and will not stop until every part of you, hidden and otherwise, knows that you are Loved, whole, worthy and entirely innocent.

This is the power of your light, your awareness. This is Love in action. You yourself

have the power to direct this Love in every moment. When we no longer deny this power, our true healing begins.

Now more than ever before, our alignment within is what will offer the security and balance, ground and stability our being is calling out for. Open and welcome yourself within, and gladly meet whatever rises in awareness. Give it over to the heart. The clearing eventually becomes automatic, as you become a more conscious participant and witness to your own inherent sacredness.

*“The great way is easy, yet people prefer the side paths.
Be aware when things are out of balance. Stay centered
within the Tao.” ~ Tao Te Ching*

THE CENTRAL CHANNEL AND VERTICAL ACCESS

Within each of us lies a central column of primordial essence, of pure living light. This vertical column of living light is the bridge between Heaven and Earth.

This vertical column of heavenly access embodies the energies of the Earth and the universe—both your multi-dimensional and human self. When we are consciously in alignment with it, we are centered and connected to life force. We are naturally drawing our awareness within, and away from the horizontal plane of linear time.

Human nature causes us to resist looking squarely at our own shadow self. This resistance is the reason so many of us tend to deny the body, on the spiritual path. Yet when we agree to deny nothing, we welcome genuine intimacy with Self. We lay our-

selves open before the Divine, and freely give access to all we have been concealing, and holding separate, from Love.

When we work consciously through the central channel, we are encouraged to release the instinctive fear of inhabiting the body. When we release this fear, we begin the deep descent inward. We move into the heart and out of the head. As we do this, we naturally anchor the Christ nature through the physical form. By surrendering all and denying nothing to the Christ self, we come to experience fearless embodiment of our own true nature.

As we work consciously within the vertical access of Heaven and Earth, the heart's capacity expands. Consciousness shifts into a more universal knowing of itself. Thus the central channel is a wonderfully valuable tool in the embodiment process. It can help to reveal the ineffable substance of Love behind everything. It can be used to help you free yourself from identification with the 3-D sensory realm, and move beyond ordinary consciousness.

LIBERATING THE MASCULINE AND FEMININE

We each naturally encompass both the masculine and the feminine aspect. Yet portions of one or the other are often denied or suppressed, exaggerated and overcompensating.

Analytical thinking, focused functionality, goal-oriented accomplishment, independence and leadership are a few of the intrinsic characteristics of the masculine nature.

Intuitive, feeling, creative, being, receiving, expressing, observing, flowing and sharing are a few of the characteristics of the female nature.

Do you recognize and know one or both of these natures within yourself? Where do you overcompensate? Which ones do you celebrate and which do you chastise? Do you know the practical as well as the sacred? Or is the balanced knowing of both aspects within yourself just a phantom concept?

Divine Mother, Divine Father, sacred Earth and precious sky, yin and yang. There is no abiding union or balance among these within the self, without true self-awareness. Deep down we yearn for these masculine and feminine aspects of the self to be free,

natural, respected and understood. Their harmony represents a fullness in our being, and a balanced strength that is reflected in our very presence.

How well do you know your unhealed aspects? How open are you to celebrating your healed inner man and inner woman? Are you aware of their unmet needs, strength and weaknesses? Divine Mother/Father shapes our very essence and creative/intellectual expression in our life. When we come to know them intimately, their full potential can manifest in unimaginably rich and rewarding ways. Their harmony is demonstrated in our words, actions, silence, touch and above all, our presence.

Although ultimately only symbols and aspects of personality, the masculine and feminine aspects provide clues and insights into how and why we interact as we do, in relationship with life—both consciously and unconsciously. Understanding them helps free us from limiting conditioning and destructive paradigms we have blindly been party to in the past. The liberation of these unhealed aspects leads ultimately to a more balanced partnership within.

*In the depth of winter I finally learned
there was in me an invincible summer.”
— Albert Camus*

THE MOTHER IN US ALL

You belong to Life itself—the one root, the core within that honors all the myriad forms of existence, in their infinite creative expressions of Oneness.

The womb of the heart lives eternally in each of us. This seat of perfect creativity and nurturing Love, this is the divine Mother that exists in all of us, whatever our gender or personality type. Through our process of embodiment, we begin to trust and rest in the arms of the divine Feminine. Flowing with life, without resistance, we come to trust in the silent wisdom of the heart, over the ego-driven intellect.

When we allow the full expression of the divine Feminine within, we directly experience the ground of being, as the very heart of creation. It is steady, stable, soft,

yielding and receptive. It is the very expression of Love Itself. The way of the Mother is to know harmony of body, mind and spirit through exquisite emptiness and unconditional acceptance.

*“To free people from the idea that they suffer
is the greatest compassion.” - Tony Parsons*

THE GREAT GIFT OF THE UNCONSCIOUS

We must be willing to meet the unconscious. In this meeting, we witness the power of Love and its ability to dissolve all obstacles. In this meeting of conscious and unconscious, we go as the light that I AM: Our luminous consciousness, our very awareness itself is the way, the truth and the Life, which illuminates all that has forgotten itself.

We’ve used many excuses to evade and avoid this inner landscape. Continuing to do so only reinforces our desire for distraction, our habitual love affair with the external world. Daily life seems to offer endless invitations to think and do, rather than to see and be. Yet all riches are to be found in the decision to stop the external distraction and go within to explore the inner landscape.

Unless we agree to meet the unconscious, we remain deaf to our own call for Love. When we go within, we do it by yielding to the infinite power that lies within our own Loving awareness. This awareness is the very light of the I AM. We direct it inwards, resting it in the body. A sort of mysterious alchemy occurs; Love enters and touches the deepest secrets within our being, and in that touch there is transformation.

We become receptive, connected and present to life. In this seeing/this meeting, Love flows in and through us, liberating and freeing the mistaken thoughts and concepts we had of our self.

This direct experience within is the birthing of infinite wisdom. Here we gladly meet the unconscious, and the Love light becomes the gateway to liberation of everything we've tried so hard to conceal from ourselves and others. In this deep primordial ground of unified being, we are witness to the wellspring of infinite Love that is hidden beneath all illusory fears and limiting beliefs.

Our faith no longer rests in resistance, but rather in our ability to bring our light to all that we have previously and mistakenly kept hidden. And in this gift of light and truth, Heaven is naturally recognized as one with Earth.

*“Are you breathing? Or are you being breathed? You need not answer.
There is no essential difference.” ~ Steve Hagen*

THE QUIET CONTAINER

What is the container? It is an accumulation of knowledge and wisdom gained through self-inquiry. The strength of your container is a direct reflection of how deeply you know yourself as Love. As we heal the unconscious, a healthy mind/body integration builds a stable container in which to deeply anchor a higher conscious awareness. This in turn brings vaster expressions of Love, and greater selfless connection with others.

As Jesus has said, ‘examine yourself and learn who you are, how you exist, and what will become of you.’ (Book of Thomas). The container holds the direct experience of your invulnerability; your own embodied Christ nature.

We can’t build a strong container of truth without being available and willing for interior inquiry. The clearer the state of mind, the more well-established the container. This clear state of mind is a direct result of how much the unconscious has been liber-

ated. Another way of saying this is, the degree of clarity relates directly to the depth of forgiveness one has engaged in.

A strong container is built through unceasing devotion to unconditional meeting of all that lies within, whatever it may be: The unloved inner child; abuse; trauma; rejection; abandonment; anger; denial; betrayal; self hatred; guilt and shame...these are all endemic to the human condition, to varying degrees. They all wait, buried in the unconscious, for Loving awareness to show up and reinterpret old wounds through forgiveness.

This is the power of Love in action, and through this fearless Love we remember and become the truth: We are not are our bodies, our pain or our suffering—we are the still quiet presence of Love. As we embody this direct experience deeper and deeper, it surrounds us and holds us steady and centered in the heart. We eventually come to trust nothing else other than this secure container, and we live anchored in the present moment, finding ourselves naturally able to give our heart unconditionally to everything that crosses our path.

The container supports you energetically and consciously in the center of your being. You become less susceptible to any outside influence, and more discerning in the ways you engage with the world. In short, imagine two loving hands holding you, keeping you safe and yet allowing you to freely expand without limits— while maintaining and nourishing fearless intimacy at your core. This is the job of the container, and a sturdy, stable one is vital to our ability to hold, embody and sustain the hallowed ground of being.

*“Everybody understands the single drop merging into the ocean.
One in a million understands the ocean merging
into a single drop.” - Kabir*

THE SOVEREIGN STREAM AND THE COLLECTIVE

What is the sovereign stream? It is the self-governing presence that animates you. Your individual stream is like a fingerprint, a snowflake, a signature. There is not another like it. It is the distinctly original God-spark that adorns your soul, and it sustains your unique, one-of-a-kind direct experience with creation and consciousness. The sovereign stream is your individual conscious light of awareness, your ability, and the distinctive way in which you engage with existence.

A star is whole and unique unto itself, and yet cannot be removed from the rest of the night sky. The wave is distinct in and of itself, but never not a part of the ocean. We are the One and the many, and can know ourselves individually or within the totality.

For many people it is difficult to know where they end and others begin. We blend

and merge our energies on a daily basis, without ever being aware that we are doing it.

We join the collective 'soup' and swim around in all sorts of energies. Not aware of our own boundaries (much less the health of our own energy field), we tend to become chronically fatigued by trying to accommodate the constant bombardment of fears and thoughts that arise from the collective frequency. Rather, we should learn to rest in our own essence, flowing naturally with life.

To do this, we must learn to recognize our own unmet emotional, physical, or spiritual needs, for we too are a part of this energetic 'soup.' We too tend to unconsciously bombard others. Once our own needs are acknowledged, accepted and forgiven, we no longer need or desire to project them unconsciously outwardly onto others.

The equation is simple. If I acknowledge my own unmet needs, I am less tempted to project them. When I do not project them, I contain my energetic essence. When I contain my energy, I strengthen my sovereign stream. I hold it sacred, rather than scattering it all over. I don't project my own unmet needs onto others, and in turn, I am not as vulnerable to the energies of the collective because I am centered and held within my own serene container.

By choosing the journey of direct experience within, my capacity is increased and my potential to receive is aligned with Loving, divine Source. My subtle energetic bodies, mind and heart are nourished, and I come to know myself through my relationship with the natural flow of life, devoid of concepts. No longer do I try to find it through the endless substitutes that the world would offer me.

The more aware you become of your individual stream, the more adept you become

at discerning what is worthy of your involvement, and what is not. You become more able to see beyond appearances, holding a stable vision of truth and compassion for a world that seems to be speeding out of control.

Our devotion to Love, our devotion to God, to divine flow and harmony, all begins with our devotion to self. Everything that contributes to our inner healing and strengthening of our sovereign stream will ultimately support all of humanity. How could it not? We are One. There is only One and in this truth I AM.

From this stable, quietly anchored instant of I AM truth, Love and compassion extend forth throughout the collective. Our stream is no longer inhibited by the filters of personal projection. It is in absolute service to all. This is the gift we give to all of existence.

*“Self-inquiry directly leads to Self-realization by removing the obstacles
which make you think that the Self is not already realized.”*
- Ramana Maharshi

THE UNMET NEED

Have you ever recognized in yourself a need so deep that it frightened you? You can feel it just under the surface and it beckons you to look. But rather than look, you continue to run from it. If you followed it, where would it lead? What does it have to offer you? What are you dying to know about yourself, but are too scared to be shown?

When you look closely and connect with this deeper need, you can see that it seems to mirror a need that originates outside yourself. This seemingly external need might take the form of a special relationship, a better job, more recognition from family, work or peers. It's a need to be seen and appreciated by others, to be validated, to be loved—a need to be powerful in the world.

When these inner needs are externalized in this way, one might say you have mastered the art of connecting with the world through the pain body. Instead of finding all validation and nourishment deep within (the only place they can truly be found) we enter into painful unconscious ego contracts with others in attempts to get our needs met. But that's never where inner satisfaction arises. When we want anything from another, we are beckoning them into the darkness with us.

Our need to hang tightly on to external dreams and fantasies instead of acknowledging the denied need within, is a powerful unconscious drive. Yet this refusal to see and accept the inner need, means we'll always be thirsty—no matter how much we seek outward refreshment.

This deep, rejected place inside is the motivator for the fantasies, daydreams and projections of what we think will “fix” the inner thirst. Yet one single moment of connection with this deep internal need will expose all the ego's motivations for what they are. Its plans and goals for fixing the problem, its fears and insecurities, its denial and self-hatred—all are clearly recognized. When we choose instead to look within, facing that need as the Love that we are, we meet our self. Just by agreeing to be present and available within, to sit with that need and not reject it, healing and release can occur.

The genuine longing to connect to the self, to go within, to access what seems insurmountable to face...it sounds daunting. But what if we knew that the heart can easily handle it? Not only can it handle it, but in fact it was built for this union. The heart waits with infinite patience to meet and welcome all parts of you—denied, wounded or neglected, conscious or unconscious.

In the alchemy and presence of Spirit, deep yawning inner need surrenders its wis-

dom to the perfection of Love. You then see that this wound that was so feared and rejected, has always actually been the sacred gateway to experiencing the Self, your true nature. Funny, how we seem to always fear the very thing that will set us free.

*“No creature ever comes short of its own completeness.
Wherever it stands, it does not fail to cover the ground.” - Dogen*

UNDERSTANDING THE MIND/BODY/EARTH CONNECTION

Look at the heart of nature: It is a true example of beingness. It is ease and flow, bending and yielding. It is raw and natural, effortlessly connected and in harmony with Life. There is an exquisite vulnerability and strength in nature. It holds divine radiant presence, emanating from the very heart of being. Nowhere does nature deny, inhibit or recoil at being the vessel of such presence. Why, then, should we?

To be a tree is to fully be a tree, and nothing else. No half-measures, no partial commitment. The trunk doesn't deny its own branches. In that singular expression, the eye of god smiles into eternity, awake to the presence of Love itself.

The mind/body connection: We hear this spoken of so often. We recognize its importance. But why is it so hard for us to grasp experientially? When the rest of nature

experiences this connection so freely, why do we have such a hard time bringing it about for ourselves?

Unlike the rest of nature, we love to be distracted and to feel good! We are always focused externally, searching for the next high, spiritual or otherwise. Rarely does anyone truly want to stop the external searching, because it means weaning oneself off the 'drug' of co-dependent diversions we have all grown so accustomed to having.

Instead we prefer to chase after every new, shiny spiritual method, or worldly distraction that crosses our path. It is usually at the point of utter exhaustion that we withdraw our attention from these pursuits and back inward to the heart. And through the gateway of the heart's inner knowing, we eventually touch into the ground of being: Quiet, still and aware.

This is the way we strengthen the mind/body/Earth connection. As we do this, our natural ability to bring healing awareness to the unconscious layers stored in the body, becomes amplified.

"Where two or more are joined together... there am I."

This well-known quote from Jesus contains real truth. It signifies wholeness and receptivity. In the naturally inclusive state of non-resistant body/mind, Heaven and Earth meet as one. There is sanctity in this joining. Where no denial is present, all encompassing Love flourishes as the one Reality.

Neither Earth nor the physical body is the ultimate Reality. Yet both of these neutral vessels, when in harmony, are intended to act as a sacred container in which the mind can rest. In this resting, it can realize its true divine nature. And from this, a newly-

born, healed perception emerges. *“The Kingdom of Heaven is spread upon the Earth...”* The simple action of directing your awareness within, immediately puts you in the present moment. It connects you to your form, in open receptivity. To direct your awareness within is to open the doorway to a grounded state of being—one which welcomes conscious God-essence to fill you. Your physical form, your vast spiritual heart, and your entire being are filled by this holy essence as it comes to rest in the deeper ground of the Earth plane itself, ultimately nourishing the collective hearts of all beings.

“Turn your face to the sun and the shadows fall behind you.”

— Maori proverb

AT THE MERCY OF EMBODIED LOVE

What does it mean to be at the mercy of Love? It means a trust beyond all reason. A surrender that holds within it pure unlimited potential. It's a total relinquishing of all the ideas I hold about life. It means slipping into the silence, and allowing Love to show me who I AM. It means touching the deepest places of my vulnerability, and being nakedly honest in recognizing my cherished defenses. If I am truly at the mercy of Love, there can be no conditions that I place on the manner in which Love chooses to show me who I AM. The deepest darkest canyon, or the highest brightest peak—it is all the same to Love. I open all aspects of the self to Love, safe in the knowledge that Love welcomes everything equally.

At the mercy of Love, I cannot claim victimhood, abandonment, rejection or unworthiness. My preferences and aversions must be seen as my ultimate defenses. I can no longer hide in my stories. If I am at the mercy of Love, then I must go where she goes, move as she moves, rest when she rests. Above all, I must shine and give as she gives. I must follow without question, and be willing to be flung great distances

out of the box. I give up all reference points of where I have been. I must be willing to meet all people, and all experiences with exquisite emptiness and unconditional acceptance; I cling to no one and nothing. I must be fearless in my heart, and trust in an intimacy with life itself.

If I am truly at the mercy of Love, there is nothing that my heart cannot bear or withstand. Love ordains that I know the full capacity of my heart. If I am truly at the mercy of Love, Love will want nothing less.

If—and only if—I agree to it all, holding back nothing, Love's mercy will shower me with a peace beyond words. Love will smile with infinite patience, as I remember the Love that I AM.

“A wave does not have to stop being a wave in order to be water.”

- Thich Nhat Hanh

WHY WE USE THE BODY

Many of us have misunderstood the role of the body as immaterial, regarding the physical form as an illusory obstacle, incapable of spiritualization or transmutation. Yet this sacred doorway offered by the body actually brings the greatest potential for divine union to all levels—spiritual, intellectual, mental and physical. But when the desire for spiritual union is compartmentalized, with the body denied and rejected, wholeness becomes impossible.

The intellectual, conceptual mind is not where wisdom resides. It cannot function as the doorway to ultimate Reality. Thinking is an addictive habit that keeps us in outward search mode. The less we identify with our thoughts, the more open we are to inspirational divine thought and the more connected to the present moment we are. The more present and open to divine inspiration we are, the less dominance our noisy personal will has over the eternally spacious presence that is always flowing in and through our body, mind and Spirit.

Our form is the storehouse of the unconscious, and we erroneously fear the contents of this storehouse. This is the sole reason so many of us remain disconnected from our own bodies. This is also the reason for the desire to escape the form and remain disconnected and ungrounded. But nothing can ever truly be denied and escaped. All must be looked upon with loving awareness, and welcomed back into Oneness.

But instead, the body is often rejected as impure or illusory. This hatred/denial/judgment means the perfect value of the form is disregarded and lost. In this loss, the deeper direct spiritual knowing and strong anchored connection that can be found through the body is also lost. Our birthright of divine mind/body/spirit communion is forgotten, in favor of yet more outward searching and denial.

Engaging the body as an integral partner on the spiritual journey is key to a conscious experience of divine union, one that is full and rich in lasting insight and wisdom.

In form, our bodies are actually designed to hold the radiance of the divine Mind. The gradual, progressive movement of our light into our form, is the essence of Love. This process of expanding the container, so that it comes to be able to hold ever more of Heaven's radiance...this is what it means to know thyself. For the light can only dwell in those formerly dark places within the self where light has been welcomed with conscious awareness. To be willing to see and accept the contents of the unconscious storehouse is what it means to come to know the self. And by coming to know the self, one also comes to know the Self—the Heavenly light of your own true nature.

No matter what outward appearances may show us, Love enfolds each one of us at our core. Most of us are not in touch with this ever-present Love. Yet this path of going within to know the self allows us to embody more and more divine light. This

light is our own true essence, and it naturally opens the heart and allows us to gain direct, ongoing experience of the core Love within. No more need to seek for Love and safety from external circumstance. It becomes recognized that this treasure of Love already exists within: A grounded, open, spacious and Loving heart.

Isn't it time for true embodied experience? Enjoy the descent inward. Come out of the conceptual clouds and down into your heart, into the Earth and body electric. Feel the pulse of the life force that animates you. Be fearless in your desire to meet yourself, to bring your divine essence into your Earthly self. Allow the Love that you are, to override the fear and pain bodies, and anchor its vastness firmly in your present moment experience. It's time to know thyself, through, and as, the Grounded Heart.

For a direct, experiential taste of this inner work, two free guided meditations can be streamed or downloaded from my web homepage: <http://stacysully.com>

SOUL-EARTH MEDITATION

A guided meditation designed to support a deeper conscious connection through the body, as we bring the light of our awareness to the unconscious.

CENTRAL CHANNEL MEDITATION

A guided meditation designed to enhance your practice of consciously working within the vertical access. The central channel is key to establishing our true alignment of body, mind and spirit.

Stacy Sully has been assisting clients in her private practice in Victoria BC for many years, as well as offering mentoring and healing sessions by phone. Her work facilitates healing of the unconscious layers, helping clients cultivate a direct experience of Heaven within; this provides a real and lasting 'live' experience of embodiment. She also teaches retreats locally and internationally.

“I value being fully present with another, and joining in the Love that reveals there is no separation. I am happy to assist and support people in touching into the quiet stillness of Source, yielding to the essence of Love and truth that it brings. Through this work the struggle with the busy mind can end, and one can come to rest in the motionless peace and clarity that comes with grounded awareness. This facilitates a direct experience of the ground of Being—which is true Heaven on Earth.”

With love,
Stacy
<http://stacysully.com>

