



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!

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
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