

## The Sacred Heart Meditation

### Introduction

(I am writing this letter to the Beloved Community on the bus after leaving Omagh, the town in Northern Ireland where the worst bombing of the war took place in 1998. Thirty-one people were killed there, both Catholic and Protestant, and it remains a symbol of division and the hope for peace. Our group gathered for the prayer vigil that took place on Sunday, May 25, at the very spot where the bomb was detonated. Moments before, however, we became aware of a church at the far end of the street named, "Sacred Heart Cathedral." As most of you know, our group has been practicing the techniques I will be sharing in about a week, "The Sacred Heart Meditation." This was a sign that we were in the right place doing the work of peace we had envisioned.

I want all of you to know that this free course is bound to shape our work as Spiritual Peacemakers in profound ways. In the short time we have been practicing it here, many of us have been able to successfully send thoughts and feelings to one another, just as the Psychic Children described. I firmly believe that as over 100,000 people of us from around the world master this same technique, we will be able to amplify our important work. Each one of us has been called to bring peace through spiritual energy, and the ability to link heart to heart and work as one will surely take us to the next level.

I will send an email in a few days with the details of the world wide prayer vigil that will take place after we all learn the meditation. Our goal is to have over 100,000 people join us in initiating the "World's Sacred Heart," releasing new possibilities of peace and compassion for all beings. Please join us, and ask as many people as you can to be involved. If you know anyone who is not currently on our email list who wants to receive the lessons, please ask them to go to <http://www.emissaryoflight.com> and register for our mailing list. The lessons will be sent out to everyone free of charge. The children have asked us to make sure everyone receives these lessons at the same time, and this is the only way it would be possible.

The first lesson will go out on June 1.

In Peace,

James Twyman

### Lesson One:

***"There was a rainbow around the throne, in sight like an emerald."***

### Revelations

We begin a journey this day, one that you cannot fail to complete. It is a journey into your heart, and therefore, toward your Home. There is no other place for you to go, for nothing else has ever satisfied you. There is only one goal now, and yet the reward you seek is already yours. We begin with this knowledge, this recognition, for it is by realizing this that you move into it. Even before you read another word, all things are complete within you. Embrace this one thought, and the rest will happen on its own. All things are complete within you now.

You would do well to understand with your mind the "heart" that is our destination and goal. Does it surprise you when I say that you have three hearts, and that each one serves a completely different function? We begin with the first, the heart that rules your physical self. It is the heart of flesh that nurtures the body you have claimed, and for most, this knowledge is enough. Most of you have also realized the second, more subtle energy center, the heart that rules the heart. This is the chakra that links you with your Divine Purpose on earth. And yet, there is still a higher channel you can achieve. The third and final heart, what we are calling the "Sacred Heart," is where we will place our attention now. Your true calling lies here, for the gifts it brings transcend all the rest. It is the "Throne of Power," the gateway to the whole universe.

This is how you may understand the nature of your three hearts: The first rules all things physical; the second, or subtle heart, rules all things spiritual; the third, or Sacred heart, simply rules all things. It is the bridge that connects you with all reality.

The activation of your Sacred Heart is the final step in realizing your oneness with all beings. This is, in fact, its primary function. Once realized, you will know that all thoughts are shared, and you will then joyfully lend your Self to the highest service of Humanity. This cannot be achieved with the lower heart, the subtle or second we have mentioned. It is still linked to the world you created in your imagination, but which has never been real in the Heart and Mind of God. Do you understand the difference? Until now you have chosen to live within this dream, and the function of the lower heart is to lead you away from one world into the next, the world of shadows and mists into pure Light. Once there, the upper, or Sacred Heart, becomes your guide. It will not lead you astray, for once it has opened then you will be free in a way that you cannot imagine now. Once you learn to live within the Sacred Heart we share, then you will realize that you stand beside me, and the world of dreams will be healed.

It is a simple path we walk together, for to overcomplicate this will only lead to greater confusion. I begin by acknowledging that our mission is already complete. But now you must learn to share my conviction, and there is a process we must endure together in order to do this, the purpose of which is to link your intention with your awareness. That is what I mean when I say that you are already standing beside me. I perceive you there, but you have yet to perceive yourself. Therefore, the only change that needs to occur is a shift in your perception, or your awareness. Once you are aware that our missions are linked, then it will be complete.

Today's goal is to awaken, then initiate your Sacred Heart. Let's begin by identifying its position. You have perhaps seen pictures of the "Sacred Heart of Jesus" showing the physical heart with a Divine Flame above it. The Divine Flame is the actual Sacred Heart, while the lower portion is a symbolic representation of what is normally called the "Heart Chakra." The Sacred Heart is often envisioned as a threefold flame, and each flame is symbolic of the attributes present in a person whose heart has opened fully. The first flame is blue, which is the color of empowerment or courage. The second is yellow, which is the color of wisdom. The third flame is pink, which is the color of unconditional love. When these flames are combined as one they become violet, or the fire of transformation. The former self is gone and you are left with only truth. The Self lives to fulfill its mission in Heaven and on earth. That, quite simply, is why you are here now.

### **Igniting the Flame:**

We will now initiate your Sacred Heart that it may begin serving its true function. First read this description, then go back and follow them as well as you can. The purpose of this visualization is to harness the energy that is contained within your physical and subtle bodies, then ignite this energy within your upper heart. You may think of it like you would a gas stove. First you turn on the gas, then a simple flame ignites a whole fire. You are filled with energy now, some of which you call good or positive, while other forms are considered bad or negative. There is in reality no such thing as good or bad, positive or negative energy. Your thoughts alone make it appear this way, and it is by releasing these thoughts, or the story behind the thoughts, that you gain the ability to work with all your energy. That will be the purpose of this exercise.

### **Step One:**

The first part of this exercise will help you realize that when there is no story attached to your energy, that it feels the same. Begin by closing your eyes and relaxing. Remember a time when you experienced great joy, the happiest moment in your life. Remember this in as much detail as you can, and as you do, try to feel the emotions you were feeling then. Imagine that you are reliving the event. See and listen to the people around you. Allow yourself to feel the emotions as powerfully as you can. Now notice where in your body you feel the energy strongest. Perhaps it is in your heart, or in your mid-region. Imagine a ball of light there, and while you continue to hold onto the story that triggered the emotion, place both hands over that spot. Know that the ball of

light is attaching itself to your hand, then after a few seconds, if it is not already in your heart, begin moving your hand until the ball of energy is contained within your lower heart.

### **Step Two:**

Now let the story drop away from your mind completely, and as you do this, see if the energy shifts or changes in any way. Let it rest for a moment in your heart, the ball of light, vibrating strong. Now let one of your hands move upward directly above the other. As you do this, imagine that you are drawing some of the energy to the region where your Sacred Heart rests. Now it is like the burner that releases gas without the flame. Let it fill the region around your upper heart, the intoxicating gas of pure love. It has been the destination of the energy all along, for it will always seek to go where it will serve humanity, just as your greatest joy seeks to express itself in the world. Feel this energy filling your Sacred Heart fully.

### **Step Three:**

The ignition of the Sacred Heart three-fold flame is as simple as stating your intention. You have been given all power to create and seem to destroy, but yet you must now learn to use it skillfully. As you hold your hand over the upper heart, say these three words, and as you say them breathe deeply knowing that they are igniting your truest light. Your intention is all that is needed now.

"It is done!"

You have said YES to the Universe, and your heart is now alive. The more you focus on this life in the next three days the more you will feel its effects. It is like a newborn child, needing you to feed and nurture it that it may grow strong and bright. That will be your task until the next lesson. Then we will share more, that you may understand with your mind what is already known in your heart.

I rejoice with you.

Brother

## **Lesson Two**

The children are leading you toward a new world, yet one you have always known. It is their innocence you are learning to recapture, though it has never left you at all. It is hidden and isolated, yes, but the gift of life cannot abandon you even in your death. It is this that secures your innocence for all eternity. Life is realized through you, and now is the time you chose to return to the purity in which you were created. Embrace it now, and your Sacred Heart will radiate through all the world.

Everything of your spirit is reflected in your body, just as everything in the mass consciousness of the world is reflected in the earth you claim. When you were born all your Divine Gifts were mirrored in perfect balance within this Temple. You were able to communicate multi-dimensionally, to see yourself within the soul of all creatures, and to offer your love as it was and will always be offered back to you. But after time a new world settled in around you, based upon untrue laws made to limit the expression of your life. Until then a gland called the thymus was strong within you, controlling and inspiring your natural healing and gifts. When this word is broken down, "thy," and "mus," which is short for "muse," or "that which inspires," the gift of its presence is revealed. But then you stopped listening to the inspiration it offered, and the thymus began shrinking. In most adults it is difficult to find at all, for the energy that flowed to and from it when you were a child has ceased.

Awakening the thymus is the physical counterpart to activating the Sacred Heart. The children are leading you today because their inspiration is still strong, and you are instinctively drawn to this strength. They have not taken the path that was mapped out for them by a world dominated by sickness, pain and death. They have chosen a different path, and you will follow them to a new world. And as you do, the thymus, or Sacred Heart, is awakened again, and it grows within your physical body. A bridge is then reestablished, one that leads back to your innocence. You will cross this bridge and bring all those you love with you. That is the true aim of this meditation.

Now that the Sacred Heart within has been reignited, we must keep the flame strong. I will offer two methods for fulfilling this, the first physical and the second spiritual.

1. Gently tap the area of the upper heart with three fingers, focusing on the flame within. This visualization, combined with the tapping, will draw energy to this energetic center, and a connection will be made between the two worlds. This is the bridge I was referring to, and the awakened Sacred Heart will be the path that leads you there. Follow these instructions several times a day and you will begin to feel a flow of energy you did not sense before. It is this flow that leads you to the second step.
2. Commit yourself to spending at least one hour a day for the next three days "Seeing" the Awakened Sacred Heart in others. I cannot overemphasize the benefits of this practice. If you truly want to know yourself to be awake, see others as awake, regardless of any evidence to the contrary. You cannot receive a gift you are not willing to give, otherwise you will still be forcing your mind into the "ego's theory of separation." It is not real, for only the Love of God is eternal. If you spend an hour a day seeing this in others, then both the upper and lower heart will expand beyond anything you have known till now. Then you will know the path you walk, and we will stand together in this holy recognition. You do not need to say a word to anyone about this, in fact it is better that you do not. Only give. Only love. Your own Sacred Heart will then explode with Light, the Light that is your Home.

I have said that this is a simple path we walk together, but these are also the most important steps you will ever take. There are awakened beings on every level now waiting for your assistance, and you will learn it only when your heart expands to contain the whole world. In the final, third lesson we will take the last step of Divine Communication through your Sacred Heart, and then you will be able to join us. It is the only thing that is required. You cannot hear until you learn to listen. That is why we are here, and it is why this is being offered to you. Choose this moment to fulfill this task. We are waiting for you now.

Brother

### **Lesson Three**

There is a field of energy surrounding you that connects the Divine Flow of Grace with your heart and your mind. There are moments in all our lives when we are able to sense this field, then translate the information we receive. This may happen when you are in nature, or deep in meditation. Suddenly your heart opens and you simply "KNOW" something, or perhaps EVERYTHING. You have become accustomed to being unaware of this flow, for such is the numbing effect of perception and the world you created to hide from truth. Time now becomes the means through which you unlearn everything you created in that world, everything that has captured your attention until now, in order to experience the Constancy of Grace that is your real desire, and mine for you. This Divine Communication is the true goal of these lessons, and it is the function of your Sacred Heart. Now that you have opened this energy center you will be able to fulfill the Holy Task for which you were born. And what is this task?

#### **To Know Who You Are!**

What other reason could there be but to know the truth that has been held safe for you within the Mind and Heart of God? Once you know this, then you can give it. The ultimate goal is not to communicate with others that you perceive to be separate from you, but to realize that there is nothing separate from you. Once this knowledge is yours, then you realize that your role and God's are the same. You are here to offer compassion to all beings by holding them in your heart. When this is done, Divine Communication is natural. It is not something you focus on achieving, but something you simply ARE. Now that you have opened and activated your own Sacred Heart, this is well within reach.

Communication is the key to Knowledge. It is important, however, that we are clear about the level of communication we are focusing on achieving. When human beings talk to one another there is

no communication taking place at all. The goal may be a communion of minds, and yet the concepts you hold in your mind blocks the flow. This is the illusion of communication, for concepts cannot communicate with other concepts. At other times you attempt to communicate heart to heart, and yet the fears you hold still block what would set you free. (This is the reason for activating the upper heart, since it is not held captive by fear.) Communication is impossible within the world of perception, for in the end, it is a world you created to deny who you are. As long as you perceive yourself to be separate from anything, you have denied truth. Divine Communication, then, proceeds from knowing who you are, and this cannot happen within the context of this world.

And yet, there is another world where you can dwell, one where you are able to communicate as One Heart, fully conscious of the Divine Flow that runs through and around you even now. Your Sacred Heart is the bridge that leads from this world to the next, and though you will not seem to move at all, it is the step you must take if you are to communicate as God does.

That is your goal now - TO COMMUNICATE AS GOD. This may seem overwhelming to you now, but it is the only thing that will ultimately satisfy your soul. You have opened and initiated your Sacred Heart already, and so you have everything you need to fulfill this function. Now you must simply do what you came to do, and the Real World simply assumes its own.

***It is time now to enter into the Heart of Peace.***

There are two methods of communicating through your Sacred Heart. They are in truth the same, but we will separate them for the sake of practice. When you have become proficient with one then you will not need to make any distinction. I suggest that you practice them both, and share what you have learned. Practice is the key to strengthening the Sacred Heart's function, which then becomes a whole spiritual path. As you learn to communicate with each other with this method, your ability to communicate directly with the source of your being will be realized.

**Method One: - Communication of Love**

Choose a person that you will join with. Remember that you are not following the dictates of your mind, but of your heart which understands communication differently. Begin by laying aside all the presumptions you may have once held and come with an open mind. Do not carry any thoughts from your past for they will not serve you here. The heart that is opening to communicate love knows exactly what to do and how to succeed.

It is not important that the person you choose know anything about your action. It is a blessing you are offering, and so there is no issue of integrity, no need for them to be told unless you feel it is necessary. Close your eyes and imagine them standing in front of you. Imagine them in full Light, filled with love and vibrating with that grace. This will trigger a deeper opening in you for you cannot give something, especially the Peace of God, without receiving it yourself. See them as if they are in front of you physically and imagine a cord of Light that connects your upper heart to theirs.

As you do this, imagine a purple crystal hovering inside your Sacred Heart. You will see the flame of the chakra, and then the crystal either inside or around that flame. The next step is to take a deep, slow breath, and as you do, draw them inside the crystal. Imagine that person the same as they were before, but now they are within you, within your Sacred Heart. There is no space at all between the two hearts. They are the same. Two hearts have become one, and so Divine Communication within that Oneness is natural and easy. Know this. Feel this. You may feel waves of Light flowing through your heart. Whatever you feel, know that it is natural, and most of all, HOLY. The more you can sense this Holiness the more the Light, or the Divine Communication, flows to the other person. They will feel the love, though they may not know where it comes from consciously. It is not important. All that is important is that you know where it comes from. You are the source now. This is the function you chose before you were born.

**Method Two: - Communication of Thoughts**

The second method will allow you to directly communicate thoughts with another person. The visualization is much the same as the first method, except that the other person is aware and is

participating. It does not matter if you are in the same room or on the other side of the world. It ultimately doesn't matter if you are practicing the exercise at the same time, though we will assume this for now. Choose a person as a partner who has read the three lessons, and find a time when you can both focus your energy together.

Imagine your partner in front of you as you did before. Take a deep breath and pull them into the crystalline heart. Before moving on, connect in the love that you share spending several minutes being present with one another. Then, when you are ready, choose a single word that you intend to give your partner. Let the word describe a particular gift you are willing to give, and which you choose to receive. Examples would be: love, joy, peace. Now imagine that word, and the feeling behind the word, traveling through the cord of Light that connects both hearts, and then know that the message has been received. This is very important for the more certain you are, the more energy you will put behind it. After some time you can practice sending whole sentences or ideas.

When you are finished with the meditation, call or contact your partner and compare notes. It may take a few tries before you are completely accurate, or you may surprise yourself and achieve profound success right away. Once you have mastered this technique with one person you will be more successful with others.

This gift you are offering to others is the gift I am offering to you. I have communicated with you in this way many times before, and now the Children are reaching out to you to help them complete their great work. You are part of it now, and yet the role you play will be greater if you are able to communicate as they communicate. This is the moment you chose to complete this.

Brother