



Letting go of the Last Residues Blocking the Heart so it Becomes the Vessel of God

8th July 2023 - 12:00

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As you go to your heart, how much is it free? Is there something in it that is still constricting you? And that which is constricting is affecting only your body, the way you breathe. Can you release, if there are still some residues in your heart, of pain, negativity, can you release all of that and let it go? Breathe to your heart, and with each exhalation, let it go. Let it go, breathe to your heart, and with each exhalation, let it go. You want to free your heart, so that you can begin, actually, in a real way, your spiritual Not from the place of lack, not from the place of trying to escape from your human pain, but from the positive desire to evolve, so that you can actualize your spiritual potential, so that you can become what God intended you to become, whole.

By becoming whole, you realize His nature within yourself, that's the purpose of your evolution and existence. So, is there something remaining in your heart that is of the past and needs to be dissolved, that needs to go? If there is, allow yourself to experience it fully. It's not enough that you are conscious of it, you need to experience it fully, you need to re-experience it, now, and this time, fully. And if you truly experience it fully, it will dissolve, you will release it, and it will be gone. The only qualities that can remain in the heart are humility, love, gratitude, compassion, Only then God can live in your heart, only then He agrees to live in your heart, only then your heart can become home for Him.