



True 'Holiness' is a Natural Manifestation of our Purity; Knowing Love as the Divine in Our Heart

8th July 2023 - 14:00

<https://divineconvergence.love/>

**** Please notice that the recording was transcribed using automatic transcription software and might contain errors and discrepancies*

As we have been speaking about transcending, dissolving, anger, all these things, we have been speaking about resentment, having compassion, kindness, forgiveness. Someone asked me how does it relate to the concept of holiness, of being a saint as it is present in different religions. First of all, there is no need to impose any concepts here, any ideology. The spiritual masters, through their evolution, manifested certain qualities, but these qualities cannot be forced, they cannot be a simple ideal that someone follows artificially, which is what is happening in those religions. They follow a certain ideology, how one should behave, or there is also a matter of renouncing so-called carnal desires, sexuality, any physical pleasures, and there is just unfortunately much guilt around that. So these ideals of certain behavior are not necessarily coming from the place of the heart that has been healed, often they come from the place of guilt and shame, not from self-love and

from freedom. I personally do not have any sexual desires, but there is nothing wrong with sexuality, it can be beautiful, and certainly you would not want to make yourself repressed in any way, because repression is not a good thing, especially when you are young, you need to go through different experiences. However, when your heart is healed and purified, certain qualities associated with holiness will manifest naturally. You will discover yourself being increasingly pure in the outer, without trying to be so, artificially. Forgiveness and compassion, loving-kindness, they do not manifest just because you try to manifest them artificially, but they manifest as a result of a deeper understanding of this reality, understanding of the fact that everything is God, everything is divine, that other people are God, and you are God.

I made this metaphor related to what Hemingway said, that no one is an island, that we are all a continent, there are eight billion islands on this vast ocean, and you can see just the islands, you can just perceive the reality on the surface, you can see it beneath the ocean of separation, that everything is a continent. So it is a matter of shifting your perception and being able to see this reality from a deeper place. And when you are able to do this, when you have no anger, you have forgiveness, you have loving-kindness, it is because there is nothing outside of you, you are actually kind to yourself, being kind to others. Healing your heart, by healing your heart you are stopping sabotaging yourself, you are stopping harboring that negativity towards yourself, which is crucial, it is a crucial component of healing. And when you heal that negativity that you have towards yourself, you will heal negativity that you have towards the world, towards others. So it is all a natural flow, what is inside is outside, the different version of the saying is below, so above, something of that sort. short, but it is not always a matter of time, or the length of it, you should be able already to feel your heart being free. The retreat has not ended yet, and we will probably do the next retreat on the same subject, but really you can do it, if there are still some residues, if there is still some pain, if there is still some negativity in your heart, you can dissolve it.

Remember, you have been my students for a while, so you have, to different degrees, the foundation of pure subjectivity, so you are much more empowered than other people who don't have it, you are much more empowered to heal your heart, because you have stability inside, and your mind is more quiet, you should be able to have your mind being completely silent. If someone's mind is chaotic, you can imagine, it is difficult to fully focus in the heart, too many distractions, too much fragmentation. Purification can only reach as far as your ability to cooperate with this. For instance, purification is an internal process, it cannot be transmitted. So please do it for your sake, for the sake of this creation, and for the sake of the Divine. Thank you. So look into your heart, feel it from its depth, is

there still some pain, is there still some negativity? If there is, experience it fully, and let it go. Thank you.

Breathe through your heart, make sure it is free, in a way empty, but filled with feeling. Thank you. The more the past disappears from your heart, all that which you have been holding onto for so many years, that space that remains is being filled with love. It is important to feel that love, to get to know that love, because you may actually not know what love is. Love is actually something new to discover, something quite unknown. It actually comes from another plane of existence. On the one hand, you are awakening your heart, which is your realizing love, and on the other hand, something enters your heart. The divine enters your heart, and this is how you, for the first time, experience what love is. This point is not love for anyone in particular, not even for yourself, it is just love. And you need to get to know that love. Thank you. Awakening of love, awakening of the heart.

It is not so much that you activate that love, but rather that you, with your intelligence, you embody that love, which is, that entered your heart from the beyond. Thank you. There is no way to explain what love is, because every concept, every term just fails. But you can know what love is.