



Staying in the Temple of the Heart

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Someone asked me to explain my reason for reconnection with Shiva, considering that I did invoke him to assist us in this retreat. As I reunited with human, so did I with Shiva. Who is Shiva is not necessarily reflected in different mythologies, but he is still very real. He is for me like an older brother, that is always near me, as we had certain agreement before this reincarnation. So he will be part of the teaching from now on, as he was in the past. Who is Shiva is not necessarily reflected in different mythologies, but he is still very real.

So let us return to the subject of the heart. Feel your heart. Remember, our emphasis at this point is the human heart, which is actually extremely important. The more energetically it is open, the easier it is to dwell in the heart. Then the more natural it becomes, and more constant, until it becomes permanent. It is important that you get familiarized with the

heart, because there are many secrets in it, different layers, and hidden places. Being in the heart, you are also learning about your heart, getting to know your heart. So you need to take your time. Not rush too much, but patiently learn. Create that feeling of intimacy with your heart. And that intimacy, and that connection, itself will allow you to go deeper. Your existence has to fully move into the heart, which means that your intelligence has to shift into the heart.

It has to be relocated into the heart. So that you are not merely experiencing the heart you are, but you become the heart. You are not merely living from the heart, you are living as the heart. You may get in touch, as you go deeper, with area of great sensitivity and intensity.

We call it the living fire of heart. Living fire of heart is not just a metaphor, it is actually real. This term reflects certain reality of the heart. There is fire in the heart, just a different kind. So when you feel that fire, it can be painful, but that is a good pain, not a bad pain. If you let yourself staying in it, you will see, Oh yes, it is a good pain. Positive pain. In fact, that fire burns something in you, that separates you from yourself. And when that is burned, that fire becomes cool. So when you feel that intensity, rather than resisting it, surrender to it. You are in a safe place in your heart. There is no safer place in existence than your own heart. You are at home. You have returned.