

THE VOICE FROM THE TEMPLE

THE TEMPLE OF THE PRESENCE
Dictations of the Ascended Masters



October 19, 1997

◆ Mother Mary ◆

◆ Chelsea, Vermont

Healing Your Heart

My Dear Children,

I have come for the healing of your Heart, for I feel many of you have a pain that is unquenchable, that you have tried and tried to heal but have been unable to find relief. I, the Mother, have come to place my Hand upon your Heart that there may be the opportunity for the sealing and the complete transmutation of those scars, many going so deep that you know not where they began. For contrary to what you may feel, they are not scars simply from this embodiment. Oh, there have been circumstances that have been brought into your world that have allowed for the reopening of those scars, but they were not generated within this embodiment. This has been the problem and difficulty with your healing, for many of you have fixated upon current events, not realizing how far-reaching are those wounds that were etched in your memory.

Many of you have not even contemplated how many lifetimes you have had on this earth. You think perhaps ten, twenty, fifty, one hundred, but for most of you there have been thousands. Some of you have been engaged in the battle to do God's Will, and sometimes you have lost that battle, for you were not diligent to adhere to Cosmic Law. You were not vigilant in keeping your Heart protected.

Protect Your Heart with Light

You cannot allow your Heart to be damaged in any way — even a slight bruise will leave an impression. Still, you may heal your Heart. You may become whole once again. You may allow the opportunity for the full release of Love from your Heart without concern of letting go or making yourself vulnerable. But you can only do so if there is the right kind

of protective garment around your Heart. That protective garment, Beloved Ones, is Light. The Light released from your own God Presence will so seal your Heart from any negativity that you may rest assured that the fullness of the Love released from your Heart will never come under attack, will never be bruised or scarred.

My children of all ages must learn how to Love — giving Love, and protecting it in the process. It is easy to Love when you are a child, for you have not remembered any opposition or rejection to your Love and as such have full faith in life and complete trust. But, as you get older, there are more encounters, more individuals you come in contact with. You find that each circumstance is different, and in the differences of those circumstances, you learn to maneuver around opening your Heart, shifting and turning to avoid engaging. And then, you start to withhold, increment by increment, what you used to give so freely. In so doing, you forget that unconditional Love is essentially childlike in nature. It is the pure givingness of God as Love to all of Life.

Accept My Love and Assistance

Will you allow me to stretch forth my Hand and place it upon your Heart? Will you let go for the time necessary to allow healing of the very cause and core of your pain — not suppressing or hiding, not holding on to any residual records? For I have a Heart full of the Love of God, and I can take your hurt and place it in my Heart so that you may again give freely, without reserve.

Protecting your lifestream with an aura packed with Light is essential to moving about in this time and era. For there are those who may not wish to do harm, but who know not the havoc they sow with their vibration, with their thought patterns, with their words and images they project, and with all manner of riptides of negativity that can impact your lifestream. You must daily put on the garment of the Lord. You must daily wear the spiritual “habit of Light,” that you might be protected, guarded. In doing so, you will learn from the opportunities afforded to you to extend the fullness of the Love of your Heart. For without the giving of your Heart, you may not be able to feel the release of the Love of God for you.

The Chalice of Gratitude

God gives when your Chalice is emptied. God continually fills that Chalice and does not allow his little ones to go thirsty or hungry when they raise their Chalice in Gratitude and Love. I trust you will understand the importance in this simple message of my Heart, for it contains a great key to your ability to move forward and expand the Light on the Altar of your Heart.

The children await you to teach them the art of loving. As the Mother Flame rises within each of you and greets the Sun, you will be compelled

to give birth to the Light of the Christ, and you will know the direction to move forward with that Light, leaving in your wake the hope of generations to come.

My angels will attend you in those still moments remaining this day and throughout the night to hear the quiet supplication of prayer from your Heart, and to direct the Love of my Hand and my Heart into each aspect of Communion you wish to enter. This is the opportunity for anything unresolved upon your Heart to be taken into mine. And where you are uncertain, simply open your Heart and receive my Love.

I, the Mother of the Christ, will be your Mother, for you are a potential Christ, and I AM here to teach you the art of Love.

Mother Mary

*Public addresses to the Students presented in The Voice From
The Temple have been prepared by the presiding Master for
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