

The Spirituality Corner

by Toni Brasted

Our Heart Capacity

Our heart is amazing. It's capacity to love is endless. Our heart knows no bounds, no limitations, except the ones we place on it. What is also amazing is the extent with which we protect our heart; the lengths we go to try to close it so that it cannot be hurt.

We often put walls around our heart, thinking that it would keep the pain out. What we fail to recognize is that our heart is bigger than any pain, any hurt, and in fact, any difficulty we face. We forget just how big and how loving our heart really is.

We have believed that our heart could be irreparable broken. This is not the case. The real pain is when we have chosen to contain our heart, to keep it small and enclosed. What really hurts us is not allowing our heart to be as limitless as it is and blocking its capacity to love. Heartbreaking sure will leave scars, but your heart will heal and will love again and again.

Our heart always responds to our invitation to share its wisdom. When we are undecided about an action or decision, our heart will give the answer.

Our heart is pure love. When we invite our heart to include any difficulty, any pain we are feeling, the love in our heart dissolves the pain, dissolves the fear we are experiencing.

Our heart's capacity to love is infinite. Our heart feels like it is broken when we attempt to hold back its capacity, when we attempt to block its healing power. It hurts when we try to hold back love from a situation or from a person.

When we feel we have been hurt, we tend to pull our heart in, to withhold its love. This is what really hurts us, for if we were to invite our heart to expand and encompass the pain, we would see there is no pain, we would see there is no pain bigger than our heart, bigger than who we really are.

You cannot force your heart to do anything. It only responds to invitation. Don't worry - about manipulating your heart; it will not listen to any manipulation or force.

The function of the heart is very simple - its function is to love. If you wish an open heart, invite your heart to expand and encompass any fear you have about this. If invited to, the heart will expand to dissolve any wall, any fear, we have built about allowing yourself to fall in love.

It's easy to forgive people that have never done anything to make us angry. People who do make us angry or betray our love, however, are our most important teachers. They show us the limits of our capacity for forgiveness.

Holding on in resentment is an attack on God's plan for our learning experience. The decision to let go our resentment against other people is equal to the decision to see ourselves as we truly are, because any darkness we let blind us to the perfection of others, also blinds us to our own.

Our heart longs for a perfect love, but love only can be perfect when we have no expectation, when we accept others as they are, and when we understand that being alive, means being open to new experiences, even if those experiences will come with certain degrees of pain. Even when love hurts, it is less painful than the pain of having no love at all. I would like to share with you a simple meditation process to help you to learn how to listen to your heart. Sit comfortably. Close your eyes. Take a few deep breaths through your nose. Exhale slowly through your mouth. Repeat this slow deep breathing for a few minutes, concentrating on your breathing process. Now, bring your attention to your heart. Visualize its color, its shape, try to hear it beating. You might want to put your hand over your heart to aid you in this process. Acknowledge your heart wisdom by mentally saying: I know you are more than a physical organ. You are also my source of access to the divine Universal wisdom. Please lead me in this situation for my highest good "and for the highest good of all that are involved" State the situation. Relinquish any expectation. Remain quiet for a few minutes focusing your attention on your breathing. I guarantee that you will know with no doubt what is the better decision or actions to take. You might not like your heart's decision in any given situation, but certainly, you will know what it is; your heart always acts like a pointer in a compass to set you in the direction in which you will find the most joy and fulfillment in life.