



Opening Your Heart By Suzy Miller


The heart chakra serves as the merge point for the upper and lower chakras, and when all is working in harmony, above and below, the broader aspects of our being can connect with our daily life experiences to create a reality beyond what has been created before!

In the last two modules, you have prepared the upper and lower chakras to feed into and expand the heart! The CCC stress repeatedly that the heart

chakra holds codes that, once activated, create a different level of human consciousness. As stated before, generally speaking, the children are descending and the parents are ascending. A coherent and open heart allows for the level of curiosity and connection required to interact in new ways with energetically sensitive children. Remember, these children are not from here, their vibrational frequency is very different and thus, every aspect of their neurology, biology, and psychology responds differently than ours. What's more, you cannot begin to fathom how uniquely they function until you begin to have experiences of functioning as they do!

Our ability to love ourselves is by far the most important task that any of us can undertake in a lifetime because the moment that we stop seeking love is the moment we realize that we are it! On the path between seeking love and being it, we naturally and organically begin to understand that we are more than just human.

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We all have galactic roots, which lie dormant until we have developed our capacity to love. The children come with the capacity to love fully developed. Most adults have to relearn it due to wounding through multiple incarnations. In the Supplemental Documents, you will find information about the stages most go through on their journey to love.

When we build coherence in the heart, we gain access to The Space In Between. The best way I can describe this space is through the following example:

The Sufi poet Rumi wrote: “There is a space between right and wrong. I will meet you there.” This was demonstrated in the movie *The Lake House*, in which the main characters meet between different years. It is the space between different realities and perceptions. It is where we connect beyond time and space. It is the space between two people as they physically hold each other. It is the space of “no thing” and everything, the space of creation and recreation. It is also a literal space within our chakra system. The chakra between the heart and the solar plexus is your access point to the space in between.

Sitting in that space gives you access to a level of freedom that you may not have known before. It can release you from your limitations and open you to a world that is bigger than the one you currently perceive!

The children state they will meet us in the space in between. This typically only happens in earnest after we have learned to love beyond what we have been able to love before.

During the Integration Session for this module, we will clear as much heart wounding as we can so that you can open to new states of love and curiosity. I will introduce you to the Space in Between, and I also will suggest that you Sit with your attention in that space as it can give you access to a level of freedom that you may not have known before. Again, this space can be found between the solar plexus and the heart!

