

LISTENING THROUGH YOUR HEART

NADEMUS

Channeled through Brenda Hill

Prism Path

E 12318 Lowery Rd

La Farge, WI 54639

www.prism-path.com

brenda@prism-path.com

608 625 4255 • 866 374 0243



Good day, entities! And a powerfully fine day it is, indeed. As it is that I address you with this message, it is my invitation that you hear these words not with ears or the eyes of your body, but with your heart. As you render yourself free to relate the lesson to integration through the heart, you are opening to the real facilitator of Truth.

But let us first discuss this wondrous heart to which I am referring. Your first thoughts, of course, light on the notion of the heart that is your physical body's vital organ of life. This heart, ruled by the thymus gland, is the pulse of your physicality as its rhythmic action activates and sustains the circulation of vital fluids, your blood, through your body. This action occurs not as an isolated event but rather as a collaborative effort with and through your other bodily systems. In other words, your heart does not act alone. This is a very representative statement as it relates to hearing and listening through your heart.

Others of you may first then think of "listening through the heart" as somewhat of a metaphor of listening through love. You may not first think of the heart as a physical organ, but rather think of the heart as an "emotional" organ. This concept is equally valid as indeed your various bodies instrumental in this physical focus do indeed have focal points of reference in their contribution to the wholeness of expression through your multidimensional scope of view.

Your heart as an emotional organ holds the vision of the balance point, the centeredness of being that allows for the energy in motion – emotion – to honor and collaborate as a foundational essence with your physical, mental and spiritual bodies during which time this physical expression is predominant. Essentially, this means that your predominant focus is carried through the love vibration and this vibration colors your reality.

So, these are some of the directions that your thoughts may follow in reference to your idea of listening through your heart. Here is another way and one that may offer you an expanded view of your potential and your limitlessness.

Let us consider that the heart, from a physical point of view, is the organ of which we spoke in relation to both the physical and emotional formats. And let us acknowledge that these reference points are indeed very real and

valid as you examine your life and your assessment of that life within the concepts available to you. But what if the world, as you know it, did not exist? What if these bodies (the physical, emotional, mental and spiritual) wherein your view of reality lies, were illusion? What if this illusion was actually a limit to your spiritual progress and it simply delayed your ultimate movement home?

Indeed, these "what if" queries are stimulating and, alas, even a bit disturbing as they take on the vision that what you live, feel and experience potentially may not even be real. These are disturbing thoughts because they challenge the known and understood reality that you have given your allegiance to for eons in time. The very thought that what you see before you is illusion, for some, will be the point at which you stop reading, stop listening, because the challenge is so great to stretch, even in conjecture, to a concept that draws you to a possible new conclusion. For others, stretching like this is exciting because they test their allegiance to long held belief systems and this testing process is indeed the method by which they grow through reality.

Now, that is a catchy phrase, "grow through reality". I must say that it is one that deeply resonates with me as it clarifies the concept of "live in this world but be not of this world." Growing through reality allows for the illusion that is this reality to presume itself real to the degree that it facilitates your spiritual movement via the focus. In other words, by recognizing that this "reality" is illusion automatically influences you to view it somewhat "out of the box" from your previously held belief systems. By allowing for, and integrating, the concept of an illusory universe, you allow for expansion of thought beyond the thought that heretofore has assigned absolute truth to this density that you appear to be living within.

When you listen through your heart and that heart is beyond the context of physical construct, you open to the elements of truth that are of the greater reality which holds truth and absolutely no illusions. That greater reality which holds love at its premise and articulates that love to illuminate truth is indeed the essence of who you are and that is the message I wish to convey this moment in time. Indeed, this moment in time is just that, an idea or variation of thought that holds a linear focus and one that relates thought to the constructs of the four-body system through which you now hold focus.

Listening through your heart affords you the options of release from such a construct and opens vistas of pure thought to behold as the truth you are seeking. And when you allow for that truth to be known to you, you become aware that you are the truth you are seeking to find. You are the reality of the spirit of God. You are the "heart" of love and life; the only true reality expressing as being.

You are in a universe of doing through the focus you are currently aligned within. This doing takes many forms. Being, true being, is that space beyond wherein all false thoughts and illusions drop from view. However, viewing does not occur through the physical or mental vision but rather from the elegantly simple vista of the eyes of Oneness in total and complete understanding of Truth.

Do you find this challenging or stimulating? Do you quiver with excitement to truly know who you are? Understand that this awareness is within your reach.

I would invite you to imagine that you are living in a circular form. This circular form is literally no bigger, and indeed is much smaller, than the head of a pin. Now in this circular form you can expand or contract its size at will, simply through your thoughts and their resulting point of view. Play with this a little in your active imagination. You can clearly see that thoughts of fear and its associated hatreds, limitations, comparisons, judgments and the like will create this circular form to contract in a cold and heartless fashion, becoming a very dismal existence indeed. Now, touch into heart and love and watch your circular form expand and expand and expand. Feel the warmth and the opportunity and the sheer vision of life.

Now, think of both aspects of this circular form, the love and the fear. As you do, you see clearly that both aspects live within this circular form and based upon the thoughts you choose, this form expands or contracts, each action taking on the appropriate results or manifestations that align with either love or fear. Understand that when both of these aspects live within the same circular space that an illusion is being formed that you may, through forgetfulness and default, assume to be your true reality.

As you explore this expansion and contraction, allow the thought of a Greater Reality to enter in. Ask yourself, what if there was more? What if there was something outside of this circular form? I suggest to you that initially the fear thoughts would beckon you to beware of attempting to stretch beyond your universe as threat lives there and from a fear standpoint you might listen and hesitate to explore other possibilities. From a love thought (and this may surprise you), you may think, "Why would I want to leave the joyfulness and contentment that I can achieve in my circular form by simply loving? Is not that what life is about?" And you may not wish to explore further from your contented place.

However, there are some of you, the lightworkers who see beyond, who begin to explore the circular form's perimeter. You examine the structure of it and the flexibility of it and its elasticity based on thought, and begin to consider that if your thoughts do indeed contract and expand this

form, that thought could also allow extended exploration outside of this bubble of thought. You begin to seek for an outlet, knowing that if thought is so creative, then extended thought can extend creation beyond that which is known, into the unknown.

This vision spurs you to open to new thought that goes beyond the accepted parameter that rules the circular form and with this revelation do you find a doorway on its perimeter. You may hesitate a moment, reflecting on your perceived past and the life you are familiar with, but your excitement to expand leaves no resolution but to proceed.

So you open the doorway and to your amazement, you look out and millions of such bubbles of creation are floating in what appears to be empty space. Being the brave soul that you are, you extrapolate from your expanded view that you could indeed find doorways to each and every one of these other circular forms, enter in and involve yourself with each unique method of creation. But in your growing wisdom, you instead put your focus to the seeming space within which all these bubbles of creation are held. And the moment you do, the bubbles burst and you recognize the Oneness of reality out of the separateness of duality and you are Home.

You view truth as Oneness and you understand the love that reigned within the circular forms was really an aspect of ego, fear, that supported just enough seeming joy and contentment to have you presume you had found the answer to fear. But rather, you had become just another part of the illusion that perpetuated itself.

This is what is meant in my invitation of listening through your heart. It is to see the truth of your essence as the Oneness of God; to see your part in the creation of a perceived reality and to understand that there is a Greater Reality that is Truth. You may enter this Truth whenever you choose by allowing that it is there.

Dear entities, understand that each and every thought you hold focus upon is a tool and a stepping stone to the true realization of the Oneness that is True Beingness, God, Mother/Father God. Know that this path you focus upon is your means to journey your way Home and if you know that, truly know and realize that, then you can view what choices you make as a means to growth rather than a condition of judgment that requires you to perform. You are the light, the way and the truth. You are One.

Listen! . . . Do you hear the Truth? Ah, yes. . . . I hear it through my heart.

I am Nademus. I bid you adieu. With God you are and I am. So be it. Indeed.

Copyright 2005 © by Brenda Hill

Nademus offers powerfully enlivening personal consultations by appointment. To arrange for a personal session or to learn about small groups and workshops, contact Prism Path (866) 374-0243 or e-mail info@prism-path.com. For additional information about Prism Path, the Ascended Master Nademus or the Arcturian Group, Landarah visit: www.prism-path.com