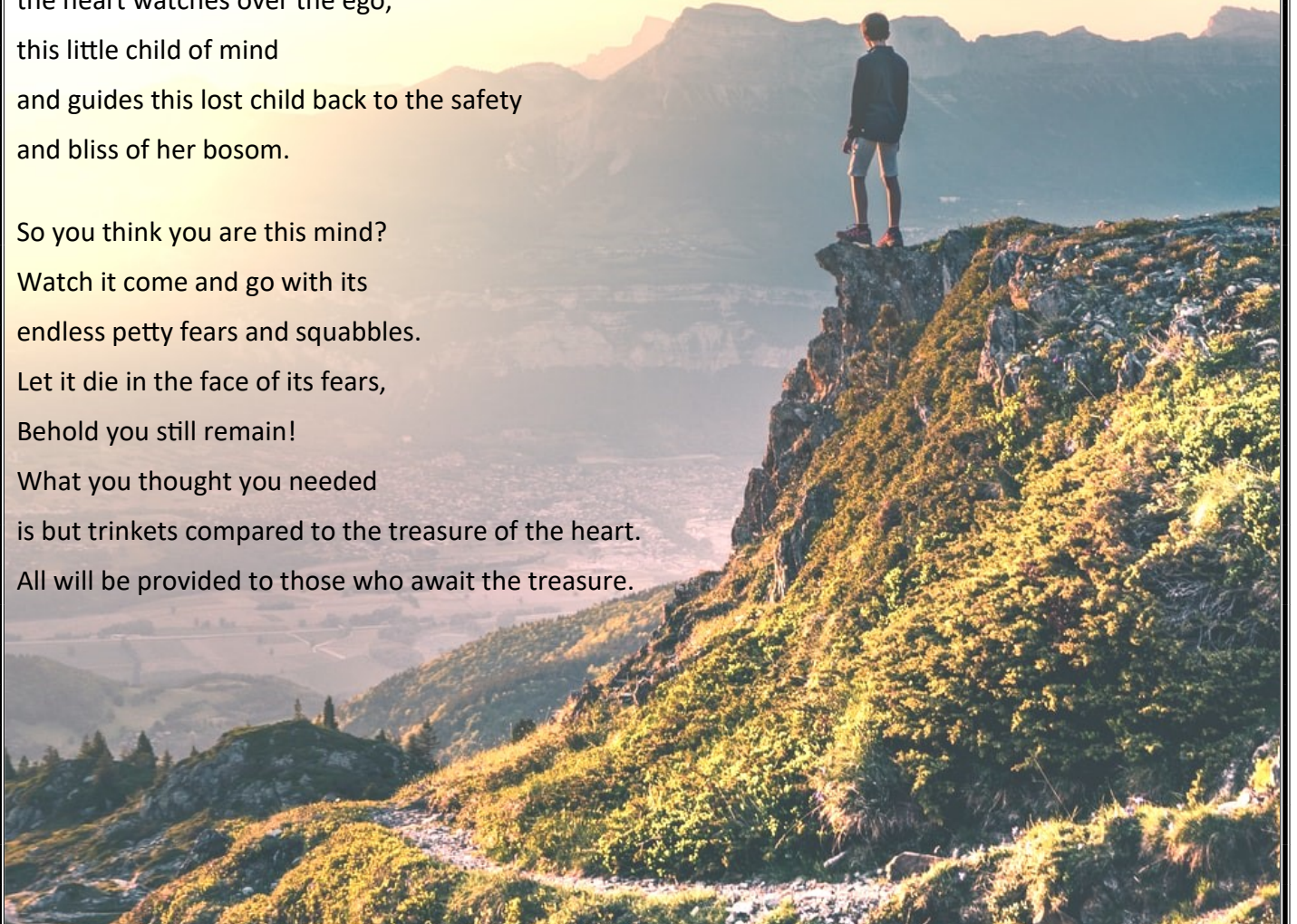


## Heart of Consciousness

Step directly into the river of life  
with your breath flowing and your heart open.  
Yes, even into the raging torrent of the mind.  
Your heart is like a vast and tranquil ocean.  
The mind is but a mere trickle compared to  
the limitless power of the heart.

Let all things flow through you.  
Resist them not. Watch, feel and learn.  
To the ocean of the heart all is equal and beautiful,  
even as the ego judges and complains.  
Like a loving and wise parent,  
the heart watches over the ego,  
this little child of mind  
and guides this lost child back to the safety  
and bliss of her bosom.

So you think you are this mind?  
Watch it come and go with its  
endless petty fears and squabbles.  
Let it die in the face of its fears,  
Behold you still remain!  
What you thought you needed  
is but trinkets compared to the treasure of the heart.  
All will be provided to those who await the treasure.





So you think you are this body?

Does it not grow old and die?

Watch how it comes and goes as well.

It is a temple they say.

Do not waste time endlessly adorning it.

Spirit dwells stronger in simple dwellings  
that are sturdy and well kept.

But the dwelling will inevitably crumble  
while spirit remains blazing in the heart of conscious awakening.

So who are you then if not this heart?

Who are you then if not the watcher of things coming and going?

Note how the raging torrent strengthens  
and expands your open heart.

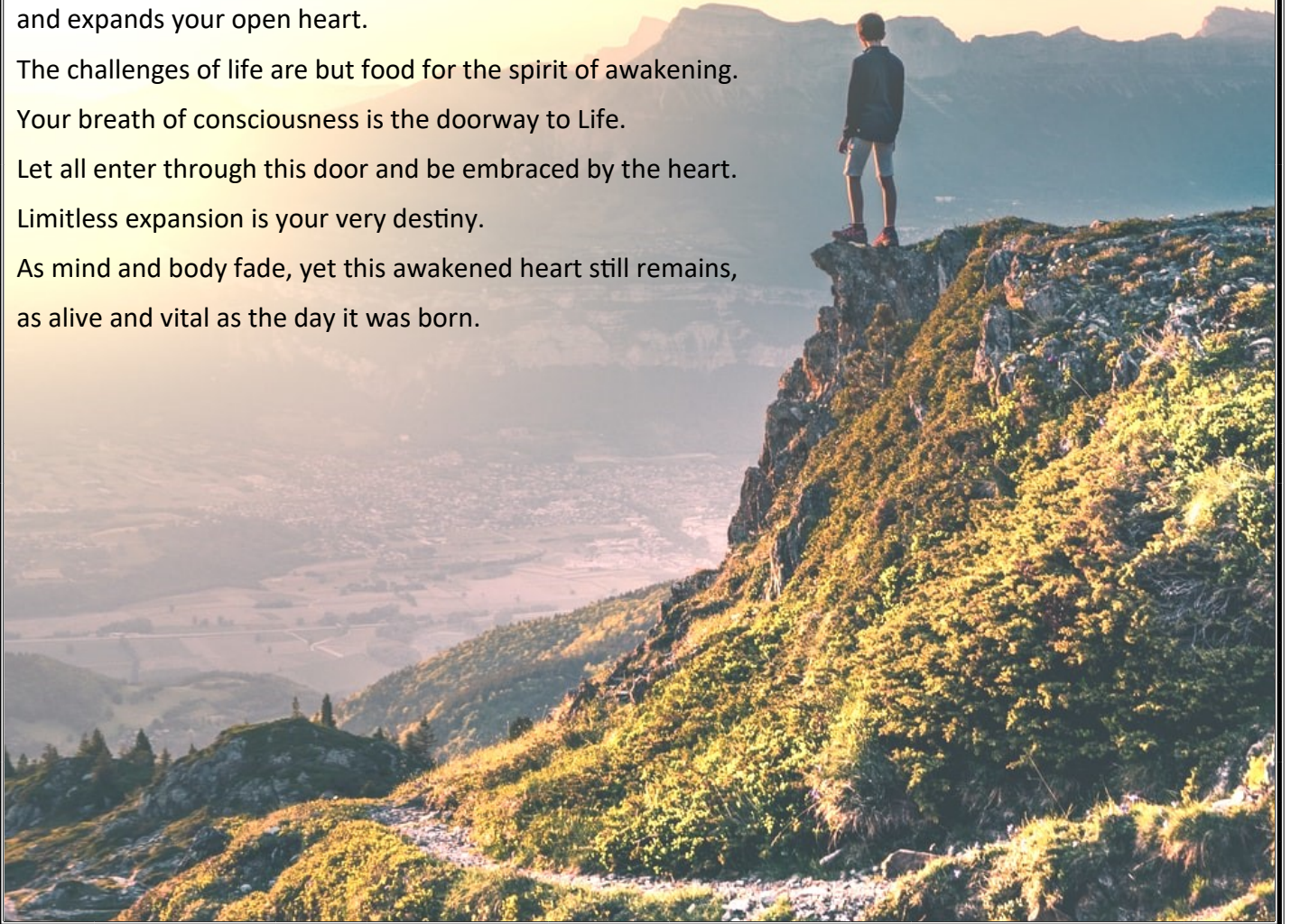
The challenges of life are but food for the spirit of awakening.

Your breath of consciousness is the doorway to Life.

Let all enter through this door and be embraced by the heart.

Limitless expansion is your very destiny.

As mind and body fade, yet this awakened heart still remains,  
as alive and vital as the day it was born.





Be this heart, this loving guardian of the little body-mind.  
Be the embracer of life in all its sounds and colours.  
Know the limitlessness of your foundations  
and the power of the love that you are.  
Fear is but the doorway to your destiny.  
Enter it gladly and feel the Life surging in you.  
Note how you soar above these turbulent waters.  
As this flaming heart, this ocean of Spirit,  
pour yourself into life and light the way for all to follow.

Claim your destiny in every mundane step.  
There is no perfection on this path of awakening,  
only the strivings of those who won't give up.  
Perfection is the reward of persistence  
and for those who forget the reward.  
To lead the way is to be the way,  
to shine in your very humanness,  
in the beauty of your imperfection.  
The heart is an ocean of compassion pouring out to all,  
and yet allowing all to find their own way.  
Wisdom is the fruit of right action  
forged on the anvil of trial and error.  
Make your mistakes gladly,  
for they are your stepping-stones to enlightenment.

***Phil Golding***

(Real Healing, Real Awakening)

