

Week 6: Sacred Heart LET YOUR HEART SPEAK

*****If you have not done so already, look at all your collages over the 8 weeks. What patterns and images and words do you see? Write them down in your journal.**

“Because the heart dwells in unattended dark, we often forget its sublime sensitivity to everything that is happening to us. Without our ever noticing, the heart absorbs the joy of things and also their pain and care. Within us, therefore, a burdening can accrue. For this reason, it is wise now and again to tune in to your heart and listen for what it carries. Sometimes the simplest things effect unexpected transformation. The old people here used to say that a burden shared is a burdened halved. Similarly, when you allow your heart to speak, the burdens it carries diminish, a new lightness enters your body and relief floods the heart.”

John O'Donohue, Excerpt from BENEDICTUS (EUROPE) / TO BLESS THE SPACE BETWEEN US: A Book of Blessings (US)

<https://www.amazon.com/Bless-Space-Between-Us-Blessings/dp/0385522274>

“Courage gives us a voice and compassion gives us an ear. Without both, there is no opportunity for empathy and connection.” [Brené Brown](#), author of “[The Gifts of Imperfection](#)—Be you. [Daring Greatly](#)—Be all in. [Rising Strong](#)—Fall. Get up. Try again.” Her new book [Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience](#). <https://brenebrown.com/blog/2019/04/26/book-read-first/>

Rose Meditation

Hands at heart in prayer...breathe slowly and deeply...Inhale, hold, exhale, hold...slow down the breath...continue for 5 minutes.

Call upon Divine Mother, Mother Earth, or anyone in your Spirit team to support you. See a rose of any color, your favorite color or colors of roses, at the heart center. See the roses absorb any negativity, then float upward when filled and dissolved into the sun. Keep repeating the process until you feel clear in your heart.

Collage

Create a collage that represents your compassionate and neutrally loving heart. Or feel free to use other creative means during this time: paint, write a poem, journal, sing, dance, move your body. Whatever feeds your heart.

Journal Questions:

1. What does your heart want you to know?
2. What is underneath distractions that keep you from loving and acting from your sacred heart, toward yourself?
3. What wants to be loved underneath any contracting of your heart?
4. What have you not fully spoken, fully, from your heart, that needs to be written then spoken aloud to yourself or to someone you trust?
5. What burden(s) have you carried and offered to your heart to transform? If it resonates with you, how has Mother Earth, Divine Mother, or the Divine within helped you in that process?
6. How has your heart expanded and changed this past year?
7. What is a light, opening, or blessing, that you see in your collage?
8. What graces have expressed through your words and actions that at times surprised you (even if your mind has another story to tell)? These are graces from your heart.
9. What do you know more about love that you didn't know before? For example, have you stretched your heart to love in a new way? What way is that?
10. What courage did you have to learn or express for your heart to grow in love?
11. What has your heart surprised you?

Homework

1. During the week, look at your heart collage, painting, or recite your poem, writing, or sing your song, dance, musical creation—however you created during your sacred heart creativity time. What do you feel or experience?
2. If you created a collage, where do you see yourself in your heart collage?
3. Can you allow yourself to enter your heart or your heart collage whenever parts of you need more love and healing?
4. Before our next session:

If you are led, before we meet next week, bring together all your collages, writings poems, etc. and just sit with them, in prayer/meditation, at least once before we gather. See it as one big group collage. You can also use the **Visio Divina handout** to guide you, to answer questions or any meditation or breath process to slow yourself down. Step back. Look at the themes and images from all of your creations.

Bring swatches of color to the final class, maybe paint chips, or colors that are your favorite colors (in fabric, paint strokes, colored pencils, watercolors, markers, etc.).

HEART MEDITATION:

Sit in silence.

Hands at heart in prayer...breathe slowly and deeply...Inhale, hold, exhale, hold...slow down the breath...continue for 5 minutes.

“Ask Mother Mary (Divine Mother, Mother Earth, or the Divine Feminine within your own heart) to give you a rose into your heart to take and magnetize anything that is not needed...”

See the rose absorb any heaviness and negativity until it is “full,” then the rose lifts up out of your heart above your head. The rose is cleared and then brightens. Then a new rose goes into the place in your heart and fills up, floats up and brightens. Continue this process of a new rose filling up until the last rose is bright and clear from the start... and it feels complete for you.

MUSIC: Heart music, sung by Shaina Noll:

<https://www.youtube.com/watch?v=jGmPgu4jGXo>

Listen, Listen chant, written by Paramahansa Yogananda,

The full CD of **Bread For The Journey** and downloads of *Listen, Listen*

<https://www.Amazon.com>; <https://www.shainanoll.com>

God of Beauty · Shaina Noll · Russell Walden on **Bread For The Journey**

© 2011 Singing Heart Productions

<https://www.youtube.com/watch?v=cKeFOU7pmk4>

COLLAGE

Create a Sacred Heart Collage based on what you received from the meditation. Answer questions from the Visio Divina steps and/or journal questions below and write them down in your journal.

INTENTION STATEMENTS to say aloud, from Matt Kahn:

I INTEND TO EXPERIENCE MORE OF THE LOVE THAT IS ALWAYS WITHIN ME NOW.

I INTEND TO EXPERIENCE MORE OF THE MOST LOVING AND KIND VERSIONS OF OTHERS NOW.

Then look over all your creations, including the final color creation from today, and answer the questions above, from the **Visio Divina handout**, or the journal questions at the end of this handout.

Poem

Circle or underline words that jump out at you from your answers, or from all your journal writing over the past eight weeks. Transcribe those words to a separate page or put them on the back of your final color/joy collage. Recite that poem/prayer aloud or with a partner. **Thank the Holy within your heart, and all you invited to support you today. Thank all in this class, who shared their hearts and perspective with you, and who held space for you, too.**

JOURNAL QUESTIONS:

- **What does your heart want you to know?**
- **What is underneath distractions that keep you from loving and acting from your sacred heart, toward yourself?**
- **What wants to be loved underneath any contracting of your heart?**
- **What have you not fully spoken, fully, from your heart, that needs to be written then spoken aloud to yourself or to someone you trust?**
- **What burden(s) have you carried most of your life has Mother Mary, Mother Earth, or the Divine within your heart transformed?**
- **What heart blessing do you see in your collage?**
- **What graces and heart-opening moments have come to you this past year? Can you see them in your collage?**
- **How has your heart expanded, (even if your mind has another story to tell)?**
- **What surprised you?**

Breathe, in and out, slowly. Breathe deeply. Relax your shoulders, arms and legs. Engage your imagination.

- **Where are you in the artwork?**
- **What do you see from that perspective?**
- **What deeper meaning emerges?**

Close your eyes. Soften. Rest in your heart. With each breath, go deeper into your sacred heart. Rest there as long as you need.

Feel the fullness and life radiating in your sacred heart, and savor the feelings generated in your heart.

Breathe them in, deeply.