

Many times He reminded me to *"contemplate infinity every day, inwardly as well as outwardly."*

One day I asked, "How do you contemplate it inwardly?"

"Infinity is not a subject limited to vast spaces—or even to immeasurably small ones. Infinity is not about quantity at all. It's actually about quality. Let me tell you about your heart."

This was early on, and was to be the cornerstone of much that He would teach me. *"The heart of which I speak is not the physical organ, although the physical organ is an appropriate symbol for the true heart, because the physical organ nourishes your body with lifeblood every moment. The heart of which I speak is the central focus point of your very soul. It is the lens through which your soul integrates all of your Earthly emotions and all of your divine awareness into a focused point of infinite integrity. This point is on the threshold of your physical existence, at a point slightly below and behind your physical heart."* Then He said, *"Locate it."*

When I did, it was as if my whole framework just vibrated and pulsed with energy. There was a sense of life within me, and it required no thought to move into that point. Simply focusing upon it and being aware of its existence was empowering.

"This is the source of power your Creator has established within you, not your mind. Your mind is merely a servant, and it behaves well if it is given positive impulses; it behaves very poorly if it is given negative impulses. The heart generates all of the Earthly emotions as well as the blissful emotions of the higher realms. But it is so much more than just emotion. It is infinite awareness, and the basis of all the higher consciousness you will ever assimilate. It is from this power, within the center of your being, that the entire script of your life is written. Live in your heart—not in your mind—to fulfill the script of your life or to rewrite it. Your mind is powerless to bring that about. But every desire of your heart will be fulfilled."

He then mentioned something that seemed to be a historical event, although perhaps it was metaphorical. I don't know, and perhaps it doesn't matter. *"There was a time when the heart was so distraught with life that the mind was spinning in upon itself with contradictions and chaos generated by the heart's negative impulses. The servant mind attempted mutiny over the master heart because survival demanded that the servant mind at least be logical. Clearly the heart was in trouble, and the mind was of no help. But, to save itself, the mind accused the heart of betrayal. Then the servant mind set out to get along without the heart by generating its own reality."*

"The mind wanted only to be logical and so it sought for control over circumstances that were incomprehensible to it. From the viewpoint of the mind, control and understanding are one and the same. The mind assumes that it understands whatever it controls. This is the central problem—the eye of the storm—in a mind-dominated world, and the single most important reason to require that the mind be your servant and not your master." He said today even as we speak, this inversion occurs in the lives of many people. *"But mutiny is not the answer, and substituting control for understanding will only deplete your life, leaving it stripped of richness, power, and meaning. The answers to healing your life will be found in the inner strength of your heart. Only correct understanding will accomplish this, and that requires addressing the problem for what it really is."*

He suggested that I earnestly practice this every day. ***"I give you three practices: The first is to strengthen all of your positive emotions through daily gratitude and admiration. The second is to disempower your negative emotions daily through forgiveness. The third practice you will have to work at a little more diligently, but, Glenda, I think this will come more easily for you than for some people, because you practice this already as an artist. I'm referring to innocent perception."***

"What do you mean?"

"OK, look out the window. Now look back at me and tell me immediately what you saw."

"I saw five branches, and there were four birds on the wall. Also there were two little twigs on the window sill along with some bird droppings."

"Good. That was innocent perception. You simply told me like a child what you saw. This is what children do so well. They just perceive and respond without preconception. This is what you did in your childhood, and you retained the ability a little better than some. Now, if the mind had answered me, the mind would probably have hesitated for just a moment while it gained control. Under the cover of hesitation, you would have blocked out what you saw, and then you might have reported to me something like this: 'Well I think I saw twelve branches, six twigs, three birds, and a clean window sill.' Because the mind feels most comfortable within structure and symmetry, it tends to impose artificial order.

"In other words, your mind would have rewritten the script to 'improve' upon it. The mind would have rewritten the script to try and preconceive reality, to do its own designing and redesigning of what is. This is what the complex, sophisticated mind tends to do always. It looks for idealized patterns that it can impose on existence and then call them divine when, Glenda, you do not have to do anything to make this universe divine. All you have to do is to perceive and then to regard with honor that which is already here. Behold, be grateful, and forgive that which you did not understand or control. For life is divine, it is perfect, and it naturally manifests the will of its creator."

How wonderful! That message left me feeling like a child again, alive with expectation. At that moment, in His presence, everything glowed in the innocence of its native state. I could see how the mind, attempting to generate reality had performed a tyranny upon our world. There was one moment when He strongly reinforced a similar realization.

"The mind generates structures as reality, and all of the oppressive structures which you experience in the world are from those mind-generated concepts: attempting to create a perfection that doesn't need to be created because it is already there. In other words, the mind breaks things in order to fix them for a price. This includes breaking lives, breaking hearts, breaking souls, breaking relationships, and breaking wills, just to gain the upper hand through some kind of glorified structure which it presents as 'the answer.' In such a world, dominated by mind and oppressive structures, if life would be bearable at all, the poor sacrificial heart had to become the willing servant. The heart had to compensate for all the loveless barriers and oppressive formulas that man-generated realities had sanctioned. With such concessions by the heart, the inversion was then complete. In a world where the mind is master and the heart is servant, the real powers of the heart have been long forgotten, locked behind a prison door, and forbidden the freedom of exit. In such a world the heart is considered to be feminine, adaptive, and sentimental, a center of awareness which serves a person's emotional and creative needs only ... a 'wife' to the mind, but nothing more."

He explained that this was the tragedy of our upside down world and that it was His gift and chosen task to come and restore the heart to its true power.

"When the heart is in its rightful place, the mind can then be a truly useful servant, and ironically it becomes both brilliant and blissful.

"Like any servant, the mind works best within established and limited parameters. One of the indelible characteristics of the mind is that it must have at least two points affixed reference in order to be operable. Thus, it simply cannot deal with infinity. On the other hand, the heart is centered around a viewpoint of infinity, and from this it draws its power to truly deal with life. When the mind serves the heart, anything is possible, although when the heart serves the mind there is nothing but limitation. Emotional energy will seethe and boil into restless liability."

The problem was easy to observe. As I thought about the world I saw the problem everywhere. But there was one more thing I wanted to know. "You have been so clear about the heart, would you mind also giving me a working definition of the mind?"

"The mind is essentially composed of two parts. The first part is an integrating and transmitting instrument which is basically a complex DNA computer. It centers in your brain and nervous system but actually involves every cell of your body. The second part is an electromagnetic field permeating and immediately surrounding your body. This is the primary gathering, storage, and retrieval system for all your sentient experience and thought integrations. All data in the mind is encoded mathematically and is triggered by a (+) or (-) access or entry impulse. This is why the mind will perform dualistically unless supervised by the heart. When the mind dominates, polarity is the order of the day."

He explained that inversions of heart and mind also result in many social difficulties.

"When the mind dominates, then charity has to be an organized pursuit under the governance of structure. When this happens, human brotherhood is in a tragic state of disempowerment. But when the heart is in a proper relationship to God, and the master of one's life, then charity occurs as a natural aspect of sharing."