

full tilt living newsletter

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What if we leave pieces of ourselves in places that have struck a chord, lifted our spirit, dazzled us with their vibrance.

Imagine, for instance, San Francisco with hearts hanging about having been left behind by tourists.

What if we give a piece of our heart to a love in exchange for a piece of theirs? Like the half of a heart charms that lovers sometimes wear.

Or--if we want to hang on to someone, we stick a bit of ourselves in them.

And if we have "unfinished business," the unfinishedness is caused by a bit of us and a bit of them broken off and left with each other.

If a piece of our heart is left in another, can we be whole?

And if we have caused pieces to be missing can we hope that someone or some thing can replace those lost parts and make us whole again?

What if wanting to start with a clean slate has to do with getting all our parts back together and all the parts stuck on us sent back to where they belong.

For fun, or maybe for the sake of playing outside of our usual sandbox, come imagine with me that we have extraordinary vision. Capabilities to sense what seems unsensible. Hear sounds beyond our ordinary frequencies. Explore how much of our hearts reside with us, how many pieces we have left elsewhere. And where those places may be.

So for a few moments, we set aside our current time and space. Taking in deep and gentle breaths. Touching in to notice how well and steadily that heart of ours is doing its daily job.

And now leaving go of that familiar beat. Letting our inner sense take us to where our heart/soul resides. Is it in the same area as your physical heart? It doesn't have to be. Settle in there. Notice its shape. Color. Size.

Notice as well any cords leading out. Notice their size, color. Choose one and follow it out to where it ends. It is connecting a piece of your heart that has gone out of you. This piece needs to be cleansed and returned to its place in you. So now let it be showered with golden white light. Until your wise inner sense declares it clean. And ask those who work in this heart light to claim it in your name and carry it back to you. Reassuring the one who kept that piece of you, letting them know that this is done in love, not in anger. Fitting it back into the empty space in your heart, sealing the edges together, re-bonding, making your heart once again whole.

Tracing out all the cords one at a time until all pieces have been cleansed, returned and re-bonded.

Taking cleansing golden white light and bathing any heart pieces not yours and yet stuck to you. Freeing them to go back to where they came. Sending them in peace with your blessings.

You now with a free, whole heart, returned to its full strength.

Feeling powerful, energized, fully capable of doing what it is you have come to be and do.

And know that I'm behind you all the way.