



HEART OPENING

ATTUNEMENT



*"Here is my secret. It is very simple: one sees well only with the heart. The essential is invisible to the eyes. "*

*~Antoine de Saint Exupéry,  
The Little Prince*

The Heart Chakra is the love center of our human energy system. It is often the focus in bringing about a Healing. Thus, the expression "Love Heals All" embodies a great truth.

Hurtful situations that can affect our emotional being include divorce or separation, grief through death, emotional abuse, and abandonment. All of these are wounds to the heart Chakra. Physical illnesses brought about by heartbreak require an emotional healing to occur along with the physical healing.

Learning to love yourself is a powerful first step in securing a healthy fourth Chakra. The "wounded child" resides in the heart Chakra. This attunement facilitates the receiving of healing and the transmission of loving energy, as it transform an individual into a vibratory agent of Divine Love and selfless service.

To work deeply inside of the Chambers of the Heart, one may face the need of a deep purification, along with what some may call "spiritual struggles", or testing. The source of Love is One, but the manifestations of love can be many; love for a partner, love for family, love for friends, love for self, love for

humanity at large, love for a master and love for the Divinity.

If you are on the receiving end of a "life challenges" situation during the performance of the Inttunement process, one should only concentrate on the deep meaning of Love in itself, never on the outcome. The reason being for this is that the main objective of this entire process is to open the energy center to receive, absorb and process more units of Love-Light, hence experiencing the plenitude of the anchoring of compassion.



The first step on this process is to say **yes** to the Divine Love; it may seem redundant, but it is a necessary step to do so, and to do so consciously. The minute you allow yourself to truly surrender to the energy of divinity, your heart and Higher Heart, or Message Center<sup>1</sup>, will open to many new possibilities of

manifesting love in your life. One may experience not only a change in the general vibration of their energy centers but also a real change in the "universe-environment": this will change to the frequency that you are now emanating.

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<sup>1</sup> Message Center is one of the names of the Higher Heart because it is here that we receive our Guidance from the Higher Self.



## The Fourth Center of Power

The fourth Chakra or Heart Chakra governs the heart and circulatory system, respiratory system, arms, shoulders, hands, diaphragm, ribs/breasts and thymus gland. According to ageless tradition, there are 108 independent energy connectors, or meridians, that are directly linked to the heart center. It is of vital importance to attempt to clean up your energetic fields before endeavor the Opening of the Inner Chambers of the Heart.

### Exercise Number 1

Place your left palm on your heart. Place your right palm on your lower abdomen. Speak the following:

*Dear soul, mind and body of my Message Center (Heart Chakra in the middle of the chest), I love you. You have the power to fully open. Thank you. Dear soul, mind and body of The Divine, I love you. Please purify and fully open my Message Center. I'm so honored and appreciative. Thank you.*

Visualize your heart radiating crystal Light. Your heart is the heart of the Divinity (the universe). The Universe's heart is your heart.

Chant silently or aloud:

*The Divine gives its heart to me.  
The Divine gives its love to me.  
My heart fuses with its heart.  
My love melds with its love.*

Chant *The Divine Gives Its Heart to Me* for 15-30 minutes to purify and open the Message Center. The Message Center is the

spiritual heart. Your love and Light radiates out from here.

Practice opening the heart and write down your experiences. If you have any sensation in your heart or Message Center that is ok<sup>2</sup>. Continue! The sensation will dissipate over time and your heart will open more and more.

### Exercise Number 2: The Heart Chakra and the Secret Chamber of the Heart

This meditation is design to allow one to understand the flow of energies that come from these two centers.

Place your left hand on the top with the heart Chakra at the center of your chest. During the time of this meditation, your left hand will continue on the top of this place. Now, after breathing deeply after a few moments, bring your right hand and place it on the top of your left hand.

Visualize inside of your thorax, inside of your pectoral cavity a disc, approximately 4-6 inches in diameter, made of pure white fire. Archangel Gabriel is the guardian of this heart flame and it is the manifestation of the pure Divine energy of the Godhead.

Now, carefully visualize yourself, through the power of your will, bringing this fiery white disc with the assistance of your right hand outside of the chamber of your heart. Bring this Divine white flame out to nourish

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<sup>2</sup> This exercise will not result in pain or severe discomfort. At any time you feel these sensations in your chest, contact a qualified healthcare practitioner.



the other Chakras. Feel the palm of your hands vibrating as you manipulate this energy.

Keep your hands consciously placed upon your chest; while you concentrate and visualize only Love residing in your heart. Feel the love flame intensifying as it mingles with the eternal and incessant energy of the Universe that is constant flowing and feeding all that is.

Visualize the resplendence white flame inside of your heart constantly warming your feelings, your words and your actions. If you feel guided to, mix this white flame with a pink flame of Love that comes from Earth and allow, peacefully, their alchemization inside of the Chamber of your Heart. This meditation is perfect to be realized before any hard decision or meetings that may seem difficult to handle. Do this ahead of time to be conveniently prepared.



### Exercise Number 3: The Shower of Light

The main focus of this Chakra exercise is to make a conscious connection between our energy centers and the flow of energy from the Golden Liquid Light.

The technique below reflects a simple and powerful method of connecting the Chakras to our energy centers, bringing consciousness to each stage of our energetic being. We energize ourselves and we energize the Golden Liquid Light; this is a method of cogeneration.

This technique will focus on the seven major Chakra points and also the Chakras in the hands and feet.

Prepare for the shower of energy; acknowledge that the Shower of Light is a healing, sacred space. Activate your Soul Star<sup>3</sup>, reciting the Soul Mantra<sup>4</sup> three times<sup>5</sup>.

Ground your feet by imagining the Golden Liquid Light being sprayed on soles of each foot. Do the same with the hand Chakras. The feet act as the receptive ground, the hands act as the active focal point of consciousness.

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<sup>3</sup> The first Transpersonal Chakra, which looks like a tiny sun, located 6-8 inches above the head.

<sup>4</sup> *I AM the Monad,*  
*I AM the Soul,*  
*I AM Light Divine.*  
*I AM Love,*  
*I AM Will,*  
*I AM Fixed Design.*

<sup>5</sup> More information about the Soul Star and Soul Mantra can be found on the Humanity Healing website, <http://humanityhealing.net>



Perform the Chakra Shower of Light Ritual (as described below, or whatever flows naturally for you). Finish the Shower and thank the Golden Liquid Light as it flows away.

The beauty of ritual is that it needs only to be approached with an open, loving conscious mind state; to be aware the energy of the Golden Liquid Light will carry our energy back to the earth and on to our fellow human beings and all life on the planet. The main point is to approach the shower as a ritual of giving conscious thanks to the flow of the Golden Liquid Ray, to re-energize our water supply with conscious Love/Light and have it carried back out to the world. It will also create a positive, beneficial flow into your own life since what you give is what you receive.

The Shower of Light is one of the more important and powerful interfaces we experience with the Golden Light that can allow us to circulate the energies of the upper Chakra, especially feeding the circuit of the 108 connections of the meridian that compose the Higher Heart system.

### **The Shower of Light**

Find a comfortable, quiet place to meditate. You may have soft music playing in the background if you wish. Sit with your spine erect, to allow optimum flow of energy through your Central Channel, and close your eyes.

Begin to breathe deeply in the 4 x 4 Breathing Technique, pulling the air deep into your abdomen and not just your chest. Breathe in for 4 counts. Hold for four counts. Breathe out for four counts. Hold for four counts. Repeat.

Let your consciousness sink to your Heart Center. Feel the beating of your heart and your breathing synchronize. Breathe in. Hold. Breathe out. Hold.

Expand your consciousness upwards and downwards through your Chakras from your Heart Chakras: Throat and Solar Plexus, Third Eye and Sacral, Crown and Root. At each step pause and consciously Will your Chakras open.

Expand your conscious outward to your first sub-personal Chakra, the Earth Star, and your first transpersonal Chakra, the Soul Star. Consciously open your Earth Star and dedicate all the stagnate energy and karmic debris currently stuck in your energetic matrix to be flushed out your Earth Star and sent to the Beings of Light, who work for Greater Good, and through the Christ-consciousness, to be transformed, transmuted and sent to those in need for their greater good.

Consciously open your Soul Star by reciting the Soul Mantra three times.

State your intention to allow yourself to receive the Blessing of the Golden Liquid Light.

Visualize a viscous golden liquid made of pure Light flowing from Source through your Soul Star and down onto your Crown Chakra in a slow clockwise spiral stream. Feel it bath your Crown Chakra in golden warmth, filling it and expanding it, energizing it with the Light of Christ-consciousness. As it flows like thick syrup, it collects and carries away any stagnate energy and karmic debris that may have accumulated in your Crown Chakra. Spend



a moment, or an eternity, basking your consciousness in your Crown Chakra in the warm Golden Liquid Light.

When it is time, the Golden Liquid Light will flow in a viscous clockwise stream down your Central Channel to your Third Eye Chakra.

Visualize the process at each Chakra repeating just as it did for the Crown Chakra.

When the Golden Liquid Light reaches your Earth Star Chakra, all the stagnate energy and karmic debris is flushed out of your system like tiny black specs being pulled along by the thick golden Light. When the flow is fully clear and pure, spend a moment, or an eternity, feeling your Oneness with the Golden Liquid Light and through it, your connection to Divine Source at both ends of the energy flow, as it circles like the Ourboros, the symbol of eternity.

You are one with All That Is.

When the time is right, send out your Gratitude for the Golden Liquid Light and the Blessing you have received, because it is a magnificent manifestation of Divine Grace. Bring your consciousness back to your Heart Center from above and below in the opposite of your expansion out.

Breathe in for 4 counts. Hold for four counts. Breathe out for four counts. Hold for four counts.

Once you are back in your Heart Center, open your eyes, coming fully back to yourself, not releasing the feeling of Oneness.

Namaste!

## **Invocation of the Open Heart**

I, (state your name) agree to open my heart to this new reality that life is offering me.

I am consciously opening my heart and I can see the new world and a new Humanity.

I can now witness all beings are made of love and can freely love each other unconditionally.

This great fraternity is revealed to me in every step I take in my life.

The sovereign Light shines through the face of every being.

Love blooms naturally through the hearts of all sentient beings.

My hands are now transparent filled with pure Light.

The pure Light that gently touches everything brings perfection and beauty.

My feet now touch the earth softly, and my influence on earth is beneficial and blessed.

The earth returns my loving influence in abundance of colors and pure grace.

My mind now creates, my heart feeds, and my actions consolidate peace on Earth.

Everything that permeates my Universe is made of Light, peace and perfection.

This is the world of my heart, from which everything came into being and to which everything one day will return.



Beauty reflects back to me through the heart beat of many sentient beings.

This is my world of truth. No illusion can overcome the reality of pure Divine Love.

In my heart there is no place for differences; we are all sons and daughters of Light.

The world now rescues its own stories through the heart stories of every being. I am One with all.

I, (state your name) son/daughter of Light express my gratitude for the Divine source of all that is, for the opportunity to learn and to expand, to contribute and consciously co-create a better reality with the Divine.

Today, I, (state your name) declare as the son/daughter of God, I accept my Divine inheritance, my birthright of joy, love and light, expressing in me, and through me all the Virtues of Mother/Father God/All That Is.

I seal this invocation in honor, Divine will and truth.

I AM, I AM, I AM

## **The Attunement**

*Note: Please see the accompanying Attunement Procedure for how Humanity Healing Attunements are shared with participants and recommendations.*

Like any other energetic attunement, the Opening of the Chambers of the Heart will allow not only the flow of loving energies inside of our system, but will progressively

open many channels of energy that may have been previously obstructed and clogged due to faulty mental and emotional programming and/or a mindset such as believing one is not good enough or even deserving of love, compassion and blessings. The Opening of the Heart Chambers is one of the important steps in the understanding of the science of Miracles, since the heart is our major line of communication with our Divine essence. It is only through our hearts that the flow of Grace can manifest in our reality and through us, into the reality of others.

To fully receive this attunement, please follow the standard procedure for attunements specified by the HH team, and according to the agreed time, activate your Soul Star and repeat to yourself, in meditation.

I (state your name), agree to receive the Attunement of the Opening of the Chambers of the Heart through the transmission of energy from the Humanity Healing team, according to the guidance of my Higher Self and only serving for my greater good. May this be done, according to Divine Will, according to Divine Time, for the greater good of all involved. I declare, decree and dream awake that only goodness, blessings, prosperity, flow of Grace and self-realization, and love can come upon my being on account of this attunement.

And So It Is. Om Shanti Aum.