

Spirit Rising Sanctuary of Light, LLC



A Center of the Spiritual Arts

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Opening the Windows of Your Heart®

A talk by Master Roland,
Channeled by Mariah Crawford
At her Spirit Speaks Seminar®
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In the beginning, we were all One, we were all born from the Heart of God. We have forgotten this more and more as the centuries and eons have passed. My job is to remind you that you have *all* come from the Heart of God, and that as you speak, you speak from the Mouth of God, even though God is not a human.

I come to remind you that the Force that sleeps within you must be awakened now, so that you may make a difference in the world in whatever unique ways you may offer. Whether passive or active, the world *needs* you now, needs your awakening. If you find that you are soft within, begin to let that softness shine forth, rather than being ashamed or embarrassed that you may have a very soft heart, for it is not a weakness. We were formed by the Creator with soft, pliable hearts. Now, so many on Earth have hearts which have become hardened, and are no longer soft and pliable. If you find that there are any places within your heart that have become hard or closed, we all ask (those of us who choose to come close to the Earthly realms of consciousness) that you soften and open your heart. Imagine that you have windows within your heart, and that you will clean them, put little curtains up and open the windows wide so that the Light and softness within you can naturally shine out, and that you *also* speak words of softness and kindness. If, as you clean those windows and see that they are blocked by your wounds and hurts, take off the boards and the nails, then come outside and *forgive*.

We know this message is nothing new, but it imperative now that more love and forgiveness come to the surface of your beings and be shared with the world. Our hearts weep every day as we see less evolution than we had hoped for. We see in the hearts of those in this circle tonight an evolution that is above the norm, regardless of the sorrow that may be in your personal lives. We beg of you to become aware of ways that you can regularly uplift yourselves, even in the midst of your own trials, that you may indeed open those windows of your hearts. You will benefit not only those you share your Light with, as you open all those windows in your heart, but you shall also receive all of God's love and all the love of those who work with you from the Highest Planes of Consciousness. You shall be able to bring into your windows all that is needed to be uplifted, to heal, to move on, so that you have what you need to deal with the Earthly trials and tribulations. Will you study now something other than war, something other than violence, and study ways to find peace within your own life, being *real* about your own inner work, rather than pointing fingers. Study that which makes you shine, that which makes you feel that you have communed with Home. And, when you leave these realms and return to ours, we will smile and say, "A job well done!" We will meet you with open arms and encouragement, for the work that you do upon Earth, (and we ask that you not see it as *work*, but rather as joyful service), will determine which level you will reside in, and affect even the

dwelling that you are allowed to create, and the colors of the clothes you wear. Many of you within the circle tonight have it within you to be Messengers of God in your own quiet way or your own active way. So, will you now reach out into your community, or even further? There are those of you who have within you (and please do not take this in the wrong way) a *spiritual mission* to perform.

When you teach your children teach them games that lift their hearts up, and teach them compromise, rather than to win. Teach them gentleness, even as they play in competitive sports. When you play it's all right to be competitive, but if there's constant competition where there is no learning to mediate or to learn compromise, war continues to be taught in different ways. We ask that you take this to heart. You can see that we focus upon the *heart* this evening, for that is the Core of your Being. We come not to judge. We can see into your hearts, and we feel that you will be open to receive this message.

Regardless of what you do in your personal life or in your working or professional life, we ask that you seek ways to open all those windows within your heart, that you find ways to mediate, to make peace, to *find* forgiveness and to *seek* forgiveness from those who you may be at odds with. It's easy to speak of, but we know how difficult it is. Be just as peaceful and kind to *yourself* as you can be, for you may be peaceful and kind to others but be warring within your own Self. Seek to understand your Self and what you need so that *you* may also ask others to treat *you* kindly if they are not, so that resentment and hatred does not dwell in your heart.

Some of you in this circle have the ability to paint, write, teach, and create ways that will educate others, and that will also help you to bring more beauty into the world with a softer heart. For we live within each one of your hearts, and all of us live within the Heart of God.

Humanity is now moving very quickly along the pathways that could take everyone to great and dire straits. The tasks that lie ahead can be shifted to each one of you in this circle, and you will reach others.

We ask, without laying down any edicts, that you make time in the evenings and in the mornings for reflection and prayer, and reading things that will not only comfort you, but will strengthen and uplift you, and bring you closer to the Higher Realms. Perhaps you may choose to turn off the TV, radio or computer so that you can step into the Silence and be enveloped in all of our great love and the graciousness and power of the Everlasting Light and Love that *we* are still in awe of. We thank you all for contemplating what we ask. Again, the words are easy to speak, but difficult to follow through with. *Slow down* ~ find the peace within. Turn off that which you need to turn off of your electrical equipment, so that you may attune with the Source. Reach out to all the beauty of the Earthly Realms, even as your part of the world comes into Winter, and see the beauty and wonder that God created. Even when amongst those people who disgust you or in circumstances that mortify you, see the lessons and then turn them to your advantage.

We have great faith in all of you. We see little sparks of Light all around your hearts. All is not dim and dark. Take heart, have courage...all to do with the heart. If you need to roar like a lion in defense of that which is right and good, do so. If you need to speak quietly, do so ~ whatever way you will be heard choose that, the best, the truest and purest way for your particular spiritual path. You may find yourselves becoming more gentle than you could ever imagine ~ even for those of you who are afraid of spiders, or other crawling creatures. You may choose deliberately not to squash them, and find a way to avoid harming them as you escort them out of your home. Everything that lives has that great Source within it. Will you open not only the doors and windows of your heart, but your eyes and all of your *physical* as well as *spiritual* senses to see with great awe, with great wonder that Light that breathes, that Great Spirit that breathes and lives in all, and feel your kinship with all that is. Remind yourself of that Truth, and know that we do all we can to assist you with every aspect of your lives. Even when you are in despair and feel no help is available we are there if you simply let us in. Thank you now, for the time that you have allowed us, for being open and receptive to not only what *we* speak of, but what *you* may hear and feel. Blessings from the Great One, and all who are working to uplift this realm. Leave this place now, and shine your brightest Light, clean the windows of your heart, keep yourself uplifted, even with the problems of your life and in

the world, and watch how your life flows in more beauty, ever carrying you more rapidly toward the Source of All That Is, even as you live upon this plane of consciousness. God bless you all for all you are now, and all you will be.

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