

Ashen Wolf's

Practices for Entering the Heart Space

Regularly entering a heart spaced state of consciousness is the key to rapid spiritual growth.

Entering the heart space, and deepening your connection to it, can be achieved through practicing each of the five following methods or “gateways”.

For each of these, it is recommended that you set aside at least five minutes where you will be alone and undisturbed. Sit in a quiet place, in a comfortable position, then begin.

The First Gateway: Presence

The idea here is just to become aware or be present with your body, heart and emotions. If thoughts come up, ask to understand the emotional frequency behind these thoughts. Ask your heart to take you closer to the emotions behind the thoughts. If thoughts continue to come up, stay present with the emotional body and allow the thoughts to move through you peacefully like clouds.

The Second Gateway: Heart Wall Landscapes

Thought of as the ‘masculine’ method. When you close your eyes, ask to be taken to the landscape that represents your relationship to the world. You are specifically looking to meet the aspect of the relationship you have with the world, the part of you that both embraces and pushes others, and life away. The aspect of ourselves that is most in resistance to letting people in emotionally. Stay with this landscape and try to feel into the emotions that created the landscape. Really take time to explore it and continuously ask yourself the question ‘what else is here?’ in order to have your heart wall present itself to you. Once it does, ask yourself ‘what do I need to do in order to address the wounds of this particular landscape?’. Do you see knives in the ground, representing wounds others have inflicted? How can you mend those wounds? Is it a darkness or an isolated little aspect of your inner child that you see? How can you help that inner child to feel less alone? Is there an abandoned dog who has lost faith and trust in the world? What must you do in order for him to regain that trust?

When this feels complete, ask to see the heart wall between you and yourself and repeat the process of seeking resolution.

The Third Gateway: Feeling the Heart's Layers

Thought of as the 'feminine' method. Imagine that your heart is protected by energetic layers. These layers are thick and as you traverse each layer, you get closer to your heart's vulnerabilities. Eventually you will be able to let both yourself and others into that space when working with the heart wall properly. You can always go into a heart wall with a coach or someone who feels confident in the energetic layers of the heart, like myself. However, you can also do this process on your own.

I recommend you introduce a mirror into this practice, either a handheld one, or by sitting in front of one as it is handy for this style of self-journeying. Begin with your eyes closed, in a position and space that will really help you achieve the most clarity. Body language is key here. Consider if your body language is conducive to being open, explorative, vulnerable, are you huncher over arching towards your chest to foster connection, for example or are your arms crossed over, acting like a physical barrier to keep yourself out and protected? There is no right or wrong positioning, this is an intuitive process, find what works best for you in terms of self-connection.

When you feel comfortably positioned and ready, ask for the first layer of your heart to reveal itself to you.

Acquaint yourself with this layer, through questions such as: what texture it is, what color it is or if it has an associated sound or smell. Stay with this layer. After some time of staying present with this layer, never immediately, begin to ask the layer to show you what emotional frequency it holds. Is this the emotional frequency of a protector part of yourself that uses sarcasm or anger to protect itself? Maybe it's an emotional aspect that puts on a smile and pretends to be okay when it's not? Really feel into the most surface layers of your heart's layers, the ones that exist between you and your heart. These layers are like that of an onion, they all form the structure of the onion, each is important, but also each of these layers of your heart is strategically placed to keep you from getting to the juicy flavorful core of who you are, and your connection to the world.

When a layer feels like it's complete or, when it starts to change, this will be your sign it's time to move on to the next layer. When you get to what feels like the end of your defenses, I want you to take some time to be with that exposed onion and feel that space of intimacy with the world and with yourself. At any time these layers may want you to look into the mirror and hold presence with your face and eyes but make sure when you do, that it takes you closer to the layer and presence with yourself instead of further away.

The Fourth Gateway: Gratitude

No matter how small, insignificant or simple it may outwardly seem, even something as seemingly trivial as your peanut butter toast for breakfast, I want you to become aware of a catalog of things to feel grateful for. List these from the biggest to the smallest level of value and importance to you. Become aware of as many things as possible to be grateful for right now and, stop and *feel* the appreciation for those things. Feel a sense of appreciation for each item on your list before moving on to the next. When you've finished, go through your list again, this time attempt to feel gratitude on a deeper or broader level for each item. Gratitude is contagious, the more you feel it, the more you catch the bug.

The Fifth Gateway: Cultivating Joy

Create a list of practices, hobbies, places and perhaps even people that breathe rejuvenation, enjoyment, and joy into your day to day life. Next, for each item listed, write down something you're currently doing, feeling or thinking that might be in the way of you committing to truly letting it into your life. What do you need to let go of in order to create space for more joy to enter your life. Next pick the one that you are in the *least resistance* to, for example, not having the time to re-watch your favorite childhood movie, and commit to making some time at the weekend to indulge in this joy-generating activity. Repeat the process.