

The Awareness Foundation Newsletter

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The Highest Expression From the Heart

Emotional suffering is something I am quite intimate with, since I am faced with hundreds of emails from people weekly telling me of their pain. My heart goes out to these people and I reply to each email individually according to their capacity to understand Reality.

When someone is ‘caught’ in their pain-body (emotional state) all their mental energy is focused on their story and thus their capacity for true listening is minimized to the point that even the best answers can wash over.

These people can be reached very slowly through being shown acceptance, love and compassion until, they begin to ‘hear’ what Life is really all about.

Several emails I have also come from people who have been reading and studying Advaita for years but, despite their so-called 'knowledge' their life seems 'flat' without a feeling of true abiding joy. These seekers reach out to me for some 'answers; but after so many years of reading they have become established in their intellectual life-style of seeking.

Occasionally I get comments and questions from 'religious' people who have been entertaining certain beliefs in guilt, shame and sin.

Mulling over these emails from the past couple of months, I entered my 'silent-spot' and waited for deeper guidance.

As always the 'reply' arrived in an unexpected way, which I would like to share with you now. The message 'arrived' at 4.30am and it was so inspiring and strong that it couldn't be mistaken. The emphasis of the message was the highest expression from the Heart, and it embodies the entire spectrum of Reality (Truth) within one expression.

I must warn you right from the start that this "Highest Expression" **is NOT philosophic nor religious** but a message from the Heart. It is the "Highest Expression from the Heart." It embodies all TRUTH in a nutshell. Within its words are SEVEN pieces of Reality.

The first piece is the phrase, "**Our Father, which art in Heaven.**" The term 'Father' means the All-in-All, the ultimate, Vishnu, Pure Being (Pure Awareness). It is the beginningless and endless Presence of 'I AM.' It is the great Silence from which everything emanates.

The "Father" being in "Heaven" explains the term 'Heaven' as ultimate goodness, love, joy, compassion. This statement is one of praise and gratitude and an expression of our joyous knowing of THIS!

The second piece is the phrase, "**Hallowed by Thy Name.**" The name of that "All-in-All" is hallowed, holy, and carries the supreme knowledge that the ONE BEING is all-that-there-is, Infinite Intelligence which embodies every living thing. It is therefore the infallible and eternal OM which in its Silence is ultimate KNOWING and Intelligence.

The third piece is the phrase, "**Thy Kingdom Come, Thy Will be done, in earth as it is in Heaven.**" This is the great adventure of duality that we experience on earth, that through seeing the oneness of opposites the Spirit shall be expressed on earth. Our fleshly body on earth is animated by

Spirit. In fact, there is only Spirit that appears as physical matter, but is nonetheless a product of pure energy (Spirit).

There is only **One Will** that is justice, goodness, love, harmony, balance, compassion, oneness, beauty, joy and glory. This One Will is also the unexpressed WILL of the human being. In other words, what does everyone want deep in their heart? Isn't it love, feeling whole, happy and and comfortably at peace? This is the One Will. When a human being does not LISTEN to his/her heart then ego takes over. When the One WILL is obeyed by listening to the Heart, then heaven and earth become One.

The fourth piece is the phrase is, **“Give us this day our daily bread.”** This moment, this NOW is our true nourishment. When we follow this day as it is, then everything is taken care of and there is no need to worry or fret about anything. All you need is this day (NOW) and in this timelessness lies our whole future and the redemption of the past. When we live in the past or future we deny our daily nourishment and away from alignment with the All-in-All.

The fifth piece is the phrase, **“Forgive us our debts, as we forgive those who trespass against us.”** How often do we we ask, “How do I heal?” “How do I find peace and happiness?” “What can I do with this inner pain?” “How can I quiet the mind?” “How shall I deal with my enemies?”

All suffering is emotional and it is a result of the law of cause and effect (karma). Nothing happens by chance and there are no accidents. When you FORGIVE (see booklets “Live free from guilt” and “The Secret of Knowing” in the first page of my website www.burtharding.com) those who trespass against you then you have taken a giant leap in your evolutionary growth toward meeting the wholeness you already are. When you forgive yourself for the judgments you have made; when you forgive yourself for being engrossed in negative thoughts; When you get upset, angry and frustrated and allow yourself to still feel love, that's the highest compassion, and the meaning of, “forgive us our debts.”

However, within this phrase we also learn that we are not praying to anyone to forgive us but to allow us to forgive ourselves. Ultimately there is only ONENESS, which also means that there is no separation from “All-That-IS!”

This prayer is not praying to a Father that is outside you but is the Spirit you are. It is a Hallowed Affirmation of what already is in order to open the heart of knowing and compassion.

This forgiveness of debts is not when we violate worldly laws but when we violate the LAW OF LOVE which is our connection to the One. It is an expression of utter humility and compassion that must take place in order to realize the potent force of Eternity, for when thoughts' electrical charge become negative towards another spiritual being, a debt is incurred that will be paid and this law can't be escaped unless you forgive it wholeheartedly.

The term 'forgiveness' is best described as Quantum Forgiveness, which means seeing that there is nothing to forgive because people do what their level of consciousness dictates. As we evolve more in the awareness of our connection (oneness) then forgiveness (letting-go) becomes automatic.

The sixth piece is the phrase, "**And lead us not into temptation.**" A negative condition of discouragement, hate, greed and selfishness denies our true inheritance of brightness and joy, which is Spirit itself. Let us feel gratitude for knowing who we really are, and thus retain a spark of the divine.

The seventh piece is the phrase, "**Deliver us from error (evil) for Thine is the Kingdom and the Power and the Glory, forever.**"

This guides us into walking the path of true respect for all that is REAL so that we can rise above all fears and live in eternal peace. In other words, we are 'delivered' from error when we know that we are immortal beings.

It was Albert Einstein who said...
"It is our concept of death that decides our answers to all of the questions which life poses."

Imagine the effect of believing that you die when the body drops – then you'll never know peace or fulfillment of any kind no matter how wealthy, powerful and accomplished you become. Spiritual masters know one fact about the ego, and that is, fear of death is a fear of life. All fear stems from the fear of death, consciously or unconsciously.

On the other hand, imagine knowing beyond any doubt, that you are an immortal eternal Being complete in Self? This brings the knowledge of true power and glory that surpasses the intellectual mind. Knowing of your eternal nature (forever and ever), which is without beginning or end, is the whole Truth in a nutshell. It is this KNOWING beyond doubt that will bring an inner peace that can't be described. Please print out the booklet "The Secret of Knowing" found on my website www.burtharding.com

Here is the Truth in a nutshell that you may never transgress from it:

1. **Our Father which are in Heaven:** The holiest, highest focus you can have is the Silence of Being known as “Father” lives within each human being. Affirm that this One Being is in Heaven, is joy, glory, beauty and love as its true nature.
2. **Hallowed be Thy name:** This name (Father, God, Allah, Bhagavan etc) is your chant, your focus, your Silence, the Truth of you. It is hallowed, it is one’s expression of gratitude.
3. **Thy Kingdom Come, Thy Will be done, in earth as it is in Heaven:** It is KNOWING that duality does not necessarily consist of opposites but compliments. There is no evil but error in judgment. There is only One Will and that Will is the Will of the heart, for all that is good and beautiful and glorious.
4. **Give us this day our daily bread:** There is only this DAY (NOW) and everything else is either memory (past) or the effects of uncertainty and fear (future). When this day is taken care of, we can rest knowing that ‘tomorrow’ is taken-care-of by today. How you live each moment determines the next moment.
5. **Forgive us our debts, as we forgive those who trespass against us.**
What is the secret of the spiritual life? It is the simplest and most direct thing of all – it is your capacity to forgive, (not anyone or anything in particular) but simply to forgive every judgment, every resentment, every fear and release it to the BEING that is eternally in YOU. This ‘practice’ will bring rewards that boggle the mind at its possibilities. It takes courage to forgive (forget, release, let-go) but it also shows clearly your level of evolution in awareness of oneness. The only thing that keeps us from forgiving is the ego’s fear of its own death.
6. **And lead us not into temptation:** Forgiveness melts away the egoic hold on you. We often feel compelled to err due to the ego’s hold on you. Here we are saying, “Help us to see without error.” Error refers to any thought devoid of love.

7. Deliver us from error (evil) for Thine is the Kingdom and the Power and the Glory, forever:

Finally, through forgiveness we find our true HOME that we have never left, and we realize the ultimate – the eternal being that YOU are always and forever YOU!!

If you have questions please direct to:

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(donations are highly appreciated)

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