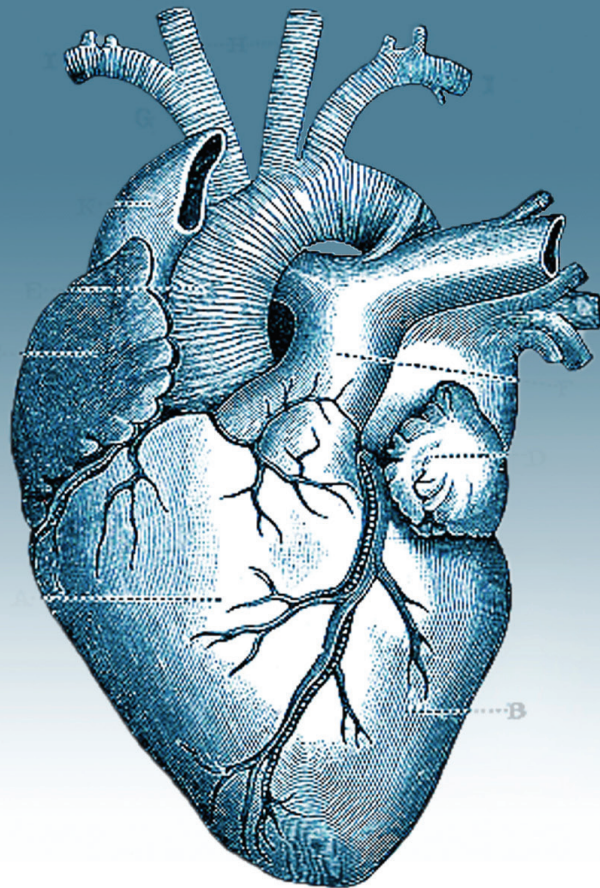


KEY PRINCIPLES OF AN OPEN HEART



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As delivered from Source Intelligence

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DEFINITION OF TERMS:

An open heart is one that is **not open to desertion**. Never deserts an opportunity to stay open; accepts apologies; forgives every time; makes room for errors; makes others feel comfortable as a matter of personal preference; works for all concerned.

A closed heart is a **defensive heart**. Makes others at fault, even when wrong, will blame others for their being wrong; Makes others feel uncomfortable and intimidated; is concerned only for personal ego effects.

Give Only What is Yours, Preserve What is Theirs

1. Never take pain for granted
2. Never think your pain is important to someone who is hurting

When someone
is unkind, the
open heart
requires you
imagine *them* as
someone who is
hurting.

These two rules are so important. An open heart is about what's on your mind, when someone complains.

Whenever someone is complaining, they are asking your permission to be a pain.

But to complain actually inflicts pain upon the body.

When one complains, one makes a statement about the pain one feels. When pain is suppressed, it gets *expressed* in a complaint.

All complaint in front of you is often taken as a complaint about you. It can feel like worthiness in you is taken, in a complaint.

You have the opportunity to give of yourself to someone who has denied your worth, in a complaint about you.

Your open heart requires you to imagine this person who is treating you unkindly as someone who is hurting.

When you change position, and see them in that way, you start to see your value as above and beyond their treatment of you.

Now think of their complaint against you.

Does it really have anything to do with you?

When you see that it does not, then you deny yourself nothing, and care for yourself with your own courage and willful joy.

The courage you have toward caring for another is a way of giving yourself to an important opportunity.

The chance to heal someone else, especially someone who is denying you your own sense of worth, changes the chemistry in your heart and strengthens it.

So only when you connect with your own healing are you able to help another heal.

THE OPEN HEART IS A CLOSED SYSTEM

The open heart is closed to all other forms of influence. It cannot be given to anyone nor taken from anyone.

Your body is completely closed-off to anything outside of it. You cannot give anyone love nor can love be taken from you.

You cannot give away to anyone what is yours, nor can they give you anything that is not yours already.

If you feel someone has stolen your love, it's because you have forgotten how to love yourself.

This happens when the love you give to someone is not returned. They take without giving back.

This is what happens to a closed heart. It does not have any way to be, without someone *else* expressing love toward this closed heart.

Like a vampire, it sucks the life out of all who are around.

Sucking life from another is when the closed heart is open to all outside influence.

All systems that are not self-sustaining will deny life from those who are around, because they cannot sustain themselves any other way, except through the life of others.

These vampires of the heart are so dangerous they continually avoid anyone who would charge them with duty or responsibility such as child rearing.

One who knows they do not wish to raise a child, and then does not raise one, does not fit in this category. This is love of self over loss of self to that which needs more than the self can handle.

If the weak-hearted are given this duty, they will turn a child into

the source of their own life. This causes a child great torment.

The suffering a parent like this causes is more dangerous than any other source of anguish, because a child's naturally open heart will shut down, as a matter of protection.

This form of protection however, becomes a perpetuation of the original misery. A closed heart inflicts the pain it feels.

The open heart is self-sustaining because it is closed to any outside influence. Even if you were a child of a closed-hearted parent, you can overcome that torment simply by finding love that exists within you, instead of looking for it outside of you.

An open heart will not see the world as a reflection of itself. It will see the world as a reflection of the world. Meaning the world will not define the openhearted.

The world will not influence this heart's ability to love. Meaning the openhearted already know love inside themselves, and will not be influenced by someone else's misguidance about love.

All love that is governed by an open heart is love that can increase on its own. It increases simply by remembering what love is working.

Love always works. It is a working essence.

When an open heart remembers the work love does, it fills up the life of the individual; it causes love to be reworked in the life of this person. Love always makes itself useful and worthy.

Love in an open heart is perfectly arranged, without purpose. An open heart is reason enough for its own existence.

In a closed heart, love is conditional. It requires that all needs are met before love is given. It requires everyone to do what is desired before it will love. It requires that everything is settled before it is warm.

An open heart won't give-up its desire to love to any condition whatsoever.

An open heart does not ask permission to love. It will not ask others anything before it does what it wants.

It does not make anyone do what is asked before it loves; and it believes that love is the only thing that is required before it feels comfortable in a room.

An open heart does not need someone to say words in a particular way to be what it is, because it knows what it is with or without those words.

It takes only what it needs to be reminded of love and not any more than that.

An open heart is the best of all things to know of itself. In other words, if there is a word that is spoken that is not love, love's open heart recognizes this as a problem with the speaker and not a problem with itself.

This is where two open hearts become so powerful in each other's company.

When one heart opens to say hello, the other open heart recognizes the level of love in the hello, and opens more fully, in its presence.

There are true and untrue natures in this way. The true nature gives with an open hand. The untrue nature gives with a closed hand.

This is because the true nature prepares always to receive love and the untrue nature prepares always to give pain.

This is never intentional. It is always an unintentional reaction to those with closed hearts.

Two closed hearts will eventually battle. One open heart and one closed heart will eventually battle as well, but the open hearted will eventually find common ground. Because they will remember how love works. They will also notice what love is doing in the course of any conflict.

An open heart is always seeking a way to receive love with its need to give. And when it *seeks* to receive it seeks to give.

It's in the giving that there is a way to overcome conflict. But this is not always going to happen, because a closed heart does not always wish to relinquish being right, for being okay.

Being right is more important than the health of the heart, in a heart that is untrue.

But a strong heart will surrender to its own health over all. It will not allow the words and deeds of a closed heart to remind, over and over, what is untrue.