



HEART BODHI

*Allow the energy of love to flow
through your body more easily.*

L A U R A J A N E

HEART BODHI

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Introduction

Begin deepening your connection with the Divine to awakening your whole body and being as a loving heart.

'Bodhi' meaning '*awake*', '*enlightened*' or '*completely open*', just like a flower! And 'Bodhi' also referring to our '*body*'.

This book has been created to help you experience your whole body as a beating heart. Activate the energy of Love to flow freely throughout your body and being again and pour into your life. This book will help you move through sadness and heart ache and into heart awake.

Heart Bodhi' also has a complimentary audio course with extra guided meditations, prayer and exercises for you to experience. You can purchase the ecourse by visiting:

www.lauralight.online

Chapter One: Opening The Door To Love.

I once read a quote by David Deida that really struck something inside of me. When something resonates with you like that it often signifies some sort of truth within you.

He said *“sometimes our heart is in extreme pain because we want to feel that energy of Love flowing freely through our body again”*.

This moved me because I too felt the longing of my soul to reconnect with this natural Divine flow of loving life force energy from Source again. I wanted to feel how I feel when I am facing the sunshine, all the time, but I always felt this deep pain and sadness in my heart that just wanted to break open. A forgotten energy that longed to ripple out into the world.

Many of us share this same ache, to experience, and be, Divine Love.

I want to encourage the flow of this Divine love and life force energy back into your body again through the power of the teachings in this book and the guided practices in the audio ecourse. You can dive deeper into your *Heart Bodhi* experience by joining me in the audio course.

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The teachings in this book poured onto the page as it was once a live and active experience for me. I was going through heart ache and experiencing “stuck” energy. I decided to journal, study, meditate and pray everyday until my heart was full again...and so was my journal! Full of pages for me to share with you here.

I have to read this book over and over again too. To remind myself, empower myself and uplift my heart when I'm in need of little loving reminders. I hope this book also serves you in this way too. Something you can pick up that will nudge you back into the right direction. The direction of your beautiful heart.

“We are not to look outside of ourselves for this Divine love, fulfilment, completeness or satisfaction. This love you seek can only come from deep within. Spirit-God-Universe is not outside of you, but dwells within you and is a part of you.”

Everything outside of you is just a mirror and a reflection of what is going on within you. Any painful, uneasy, negative experiences that you may have or have had in life was the universe showing you where the illusion of fear and separation from loving truth had occurred and where healing within us is needed to return back to the truth of love and oneness.

I will be sharing more with you on how the world is your mirror and give you some powerful exercises in a few moments, but first I want to share with you some scientific facts and discoveries of the heart to soothe your logical mind. I am a great believer of science meeting spirituality and I also find heart research hugely fascinating. I'm sure you might too!

- Recent scientific research suggests that the heart has its own brain and consciousness.
- The heart also communicates information to the brain and the body through electromagnetic field interactions.
- The heart's energy field is in fact 60 times greater in amplitude than that of the brain and it permeates every cell in your body.
- The heart's magnetic field is 5000 times stronger than the brain's magnetic field and it can be detected several feet away from the body with sensitive magnetometers.
- The brain's rhythm naturally synchronises to the heart's rhythmic activity.
- They also discovered that during sustained feelings of love and appreciation the blood pressure, respiratory rhythms began to echo the heart's rhythm.
- They noticed that sustained positive emotions create efficiency and harmony in the body's system and also psychologically.

For example:

- Reduction in mental dialogue
- Reduced stress
- Increased emotional balance
- Enhanced clarity
- Developed intuition
- Better cognitive performance

Heart Math shares incredible information and research into the magic of our hearts. If you would like to learn more about this type of scientific research you can visit Heart Math website.
<https://www.heartmath.com/>

Syncing up and synchronicity is wonderful to me. I once saw a diagram of someone standing next to a tree and soon enough her energy field would sync up with the natural harmonic energy of the tree. Thus becoming in sync with the natural harmony that flows through nature and the universe.

“When we experience Divine synchronicities in our life it is because we have become in sync with the natural Divine flow of Loving intelligence (the universe).”

This is when magical synchronicity happens organically, creating a “right place right time” experience. Everything is beautifully orchestrated. Our efforts are to continuously sync up with the heart of God and return home to love, allowing Divine synchronicity to show up in our lives in a multitude of surprising ways.

Before offering and creating this ebook I had decided to choose God FIRST before and above anything else. I stayed true to this intention and ensured every morning I would take time to connect to Source until I felt the Divine presence within and before fully beginning my day.

“The more we commune with spirit the more we become increasingly familiar to loves vibration. Therefore, be more able to emanate this our into the world as well as distinguish that which is love and that which is a low or negative vibration.”

One of the best ways to begin syncing up with the natural and Divine flow of life is through the breath.

Our breath is a bridge between body and Spirit, our conscious and superconscious. Our breath is able to be consciously controlled and is also able to just happen all by itself. The breath is connected to the field of the known and the unknown. You can flow to the spiritual rivers and realms with the help of your invisible breath as the invisible key.

This river of breath can also help us to move through and feel through any pain, emotion, sensation and allow any tightening that separates us from love to ease and open up again, not through our thinking but through the invisible intelligence of allowing Spirit to flow through our body and breath.

Our body has its own super conscious and will begin to reorganise itself back to its natural state of ease, but often we have a lot of trapped and stored energy and emotion in our bodies longing to be heard, felt, nurtured, released and expressed. Nurtured by our own pure love and inner-standing and returning to the belief and the knowingness that God/universe always loves us, repairing and remembering our relationship with Spirit.

You've probably heard of the saying *“feel it to heal it”*. Along with your breath as your guide and assistant, allow yourself to *feel*. Feel deep into you heart, you can ease and edge your way there with your breath and gentle presence. Feel into what is happening for you there. Maybe a sensation of pain, dull ache, sadness, emptiness or even joy? Your uncomfortable emotions are actually a locked door longing to be opened and released, to experience the sunlight of Divine love.

Allow your feelings to be, without judgement, allow their voices to be heard with a willingness to open more rather than tighten when something comes up.

I always like to think of the words from Matt Kahn as my support, *“everything deserves more love not less”*

Remember that it all begins within, and when your inner waters return to stillness you reflect the shining sun perfectly. Love is always there, its just sometimes the clouds temporarily cover it.

Mirror Exercise to help create positive internal shifts

1. Begin with your breath.
2. Relax back and feel into your heart completing this sentence *“I am feeling....”*
3. *“I am feeling this way because.....”*
4. Reflect back. *“Where am I doing this to myself?”*
5. *What does this part of me need to feel love?*
6. Hug and integrate through physical touch anchoring and grounding.
7. Return to truth and oneness by saying *“I love you”*
8. Imagine a white light merging into your heart.

In my audio ecourse I lead you through the full reflection exercise above.

When you generate the feelings of love within you first, you will transform your life and even the lives of those around you.

“The one you are looking for is the one who is looking!” - St Francis

Chapter Two: An Invitation Of The Heart

You have already started to open the up the doors again, allowing the exploration of your feelings and your breath to be the key and the gateway back to God/ Love.

“God arrives in an open heart and always brings unconditional love.”

In this chapter we will invite more of that unconditional love into your body by first being willing to unconditionally love your very self. This simply means loving yourself without any conditions.

Often we can judge or punish ourselves and find ourselves unworthy. Instead of forgiving learning and growing we instead choose to shut down and cut ourselves off from the flow of love due to our feelings of unworthiness or wanting to protect ourselves. The keyword here being that we “choose”. We can choose to close down and shut off or we can choose to open and grow in love instead.

The truth is, you are inherently worthy.

“The soul essence of you that is at one with the Divine means that all that is Divine is at one with you.”

So here, right now, we can forgive ourselves and we can reclaim our Divine worth as a sovereign being.

To continually claim your worth you must continue to deepen your love for yourself. You can do this by softly saying the words “*I love you*” to yourself frequently, everyday. This not only speaks to the heart of your soul that knows, but to the heart of of God. You are one, Spirit isn't outside of you but within you and omnipresent. So when you say *I love you* to yourself you say *I love you* to God and when you say *I love you* to God you say *I love you* to yourself.

Your gratitude for Spirit will open you up further. One of the greatest ways to stir up feelings of love and God's care for you is through great gratitude for all that is, was and is to come.

“The willingness to see all that is love right now is the invitation to awaken positive emotions back into our body as well as evoke the Divine within.”

When we stir up feelings of love and bliss in our body it is often hard to locate where in the body love and the supreme dwells, but when we do awaken, these moments tend to be located and connected to the physical heart. Often when we awaken positive emotions in our body we again shut them down in fear of “getting our hopes up” drawn from past disappointment, however the key here is feeling love in the now moment in full acceptance of what is with no expectations. This is unconditional love.

“We fear getting our hopes up, but we are the hope that is so needed.”

Sometimes we don't want to feel the pain or emptiness and choose to numb out or ignore, but this blocks that vibrant flow of love and life force energy that you so desperately long to have. The truth is, Spirit's loving energy is always within you, even if just a tiny glimmer or spark ready to be ignited at any moment.

“There is an innate Divine love that resides in your very body right now!”

Sometimes we can feel stuck, uncomfortable and uneasy in our bodies, we wish to escape them and find ourselves outside of ourselves, spacing out, distracting ourselves, keeping busy or numbing out that which feels uncomfortable. To feel the flow of the Divine within our bodies we must come back *into* our bodies, and to come back into our bodies we must deeply and attentively *feel*. To feel with soft focus and devoted presence.

“Receiving your Divine inheritance and receiving all that is your Divine worth is also allowing your body to feel its soul and your soul to feel itself in this body. To feel the blissful energy that is you and Source dancing as one.”

In this chapter we continue to keep the gates open by encouraging gratitude for life, gratitude for Great Spirit, gratitude for ourselves and gratitude for your beautiful body. Loving your body unconditionally. He/she is worthy of love and the experience of love no matter what.

I would like you to take a moment and ask yourself:

“How have I been living in my body up until this moment”?

What does it mean for you to love and flow as divine love in your body?

Are you able to offer your body a space of no mind, no thought and just simply experience the essence of Love?

When we offer our bodies this freedom, presence and space then God/Spirit penetrates our body and being, illuminating us with vibrancy and tenderness from the inside and outwards.

Lets now move into a full body awakening exercise.

In the Heart Bodhi online audio course I guide you through a full version of the below exercise.

1. Start with breathing into your heart, placing your loving and comforting touch here, your bridge between the upper and lower chakras and the doorway to downloading Divine love.
2. Fill your crown with soothing peace and light.
3. Feel your belly with your hands allow the fire in your belly to flow up into the heart.

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4. Feel the soles of your feet in the earth.

5. Imagine the energy rising up your root with your awareness and flowing into your belly and heart opening your chest and your arms.
6. Offer this love into the world.
7. See light all within you and around you and permeating outwards.
8. Complete with giving thanks.

Remember that you are both human and Divine and we can learn to love again by loving, forgiving and accepting our human nature, and in turn this will offer us greater steps into your Divine self.

By loving yourself fully and completely you will become a vessel for love. You need not be a victim and you need not over compensate – you are enough and worthy of love exactly as you are right now and it is possible for you to experience it right now in this very moment.

Chapter Three: Be The Love You Wish To See

Once you allow yourself to receive and experience your own loving heart and the feeling of gratitude, you begin to remember the ever present support from Source.

In this chapter we learn that the heart is not only highly receptive, but also likes to take inspired action. Action taken from the place of the heart is of a different nature to ego based and fear based action taking. Action taken from the heart leads and leaps from a place of inspiration and intuition. It moves, pulls, draws and compels you. It is pure presence, radiance, spontaneity and vibrant attention.

The heart is a soft and tender space full of plenitude and kindness, but it is also brave, playful, intuitive and courageous!

Return to your body and relax back into the seat of your heart as much as possible and as much as you remember. It is from this relaxed yet vibrant awareness we most feel our very essence and the heart of others.

We can allow our pain, sadness and suffering to transform into genuine compassion for others who may be experiencing the same. Your developed self love can then expand into global love and your global love includes you.

Become loving presence by becoming one with your deep, humble, honest desire to be the love you wish to see in the world and know that you attract the frequency of love and energy that you are.

What you wish for yourself, wish for others who may need the same. This helps us to grow in greater compassion and expand our hearts to the heart of God.

“When you love, forgive and accept all parts of yourself you are no longer separate from self. You are also not separate from the rest of the world. On the surface everything may look fragmented and separate, but beneath it all, at the roots, we are all connected and intrinsically linked.”

“When you heal yourself you heal the world.”

Ask yourself:

Where can I love more?

Where can I love myself more?

Where am I neglecting or rejecting myself?

What do I love about me?

What do I dislike about me?

What does this part of me need to feel loved?

More often than not it is about accepting and embracing our unique and unusual too.

In my Heart Bodhi audio training I guide you through a forgiveness exercise that will help you to lovingly accept and receive wisdom from your shadow self.

Often your shadows need forgiveness and acceptance.

Here are two ways I like to invite forgiveness back into my heart:

1. Ask God “tell me what I need to know” you are a child of God and in every moment you have a chance to start again or choose differently.
2. Ho opno pono “*I’m sorry I love you please forgive me*”

Ho opono pono is an ancient Hawaiian practice of forgiveness to help restore the harmony within. And as within so without.

You can find out more about the practice through the work and research of Dr Hew Len.

Often we must clear purify and return to our truth in love by forgiving others. Not necessarily forgiving the act or the behaviour but forgiving the person. The child within them that has been hurting.

Remember to love and merge both your humanness and your Divinity. Our Divinity flows through our human nature via our willingness to humble and surrender. To embrace our capacity to feel joy and our true longing to love one another. To be able to let go and cry or share our fears and vulnerabilities helps us to stay open and connect with one another at a deeper and greater level. The environment and conditions of love and safety are needed to allow for this to flow freely into a new state of healing.

Chapter Four: Human And Divine

We know that we have a deep longing to love and to be loved. We have learnt that we have an innate and natural ability to love. But, often in this world we forget or just don't know *how* to being loving again. I have had to humble myself many times and confess “*I don't know how to love this part of me, I don't know how to love what's happening, please show me and teach me*”.

Truth is, we are Love. The more we come home to our Divine nature the more we will become one with love itself and its infinite intelligence. Love will whisper how to care, how to hold, when to stop, when to go. Divine intelligence and loving creation is living within you and we can clear and develop those pathways through cultivating a commitment to choosing love and having faith no matter what. We can allow anything to be a catalyst to open our hearts WIDE. Things may break us down, but can also have the potential to awaken us open and catapult us upwards. I have experienced this many times and have only made it through by reaching out and holding on to the hand of God. A hand that is always reaching out to you.

Life is constantly showing us where we have forgotten the truth and power of love. When we are willing to ask the Divine to show us the way and listen to the voice of our intuitive heart to guide us. No matter what the situation or circumstance, love will always find a way for you.

Its okay to get sad, its okay to be afraid, its okay to not be perfect. When we come into a space of radical acceptance and surrender of what is, we can find ourselves needing nothing but the love that surrounds you in this very moment.

“We can choose to fully have and experience all that is right now. Needing nothing yet having everything.”

This is a s good energy to manifest and create from. Entering the realm of complete gratitude and loving desire, mixed with the peaceful energy of surrender, rather than pushy energy.

In my audio training I guide you through a manifestation love bubble exercise that I like to use to help you manifest a better world or manifest healing from your love vibration.

“We can realise heaven on earth by returning to heaven in our hearts.”

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Love is limitless, it has no form and can take on any form. Love can contain totality and leaves nothing or no one out.

We all belong to Love

We are all a part of Love
Our hearts and the heart of the universe is a single heart.

In the 'Heart Bodhi' audio course I end with a new prayer for you after every chapter and three chants of *OM* for you to join in if you wish.

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I once heard that sound ripples outwards infinitely and I know and believe that love does too. I have also noticed that the sound of the universe, “OM” also reminds me of the word “*home*”.
Lets return home to love together.

Thank you for reading, I hope this book supports you.

May you always be IN LOVE.

About the Author

Laura is Source Channel, Spiritual Mentor, Movement & Meditation Teacher.

Laura helps you transfer into higher levels of body and being through one to one intuitive guidance, meditation & expressive movement classes. This helps you to release stress and trauma from your emotional energy body and experience more of your true Spirit.

Meditation and creative expression helped Laura heal through self harm, PTSD, anxiety and heart ache. Faith and her connection to Source helped her out of some of the darkest times and gave her the strength to continue shining her light out into the world.

Laura offers one to one intuitive sessions, meditation classes and soul motion dance workshops as well as online courses & retreats to support your spiritual journey.

You can visit her website at www.lauralight.online to find out more.