

What Are HeartStreams?

*Dictations,
Discourses and
Darshans*

What Is Heartstreaming?



*The
Hearts Center®*

The Hearts Center

**is a community of dynamic,
heart-centered people
who share your desire
to make our world a better place.**

***We are a global family
of heartfriends!***

Visit us at: www.HeartsCenter.org

Call our global center: (630) 894-4410

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The prophets of ancient scripture bore messages from the Divine to the peoples of their cultures to warn them, exhort them, and enlighten them. Today is no exception. There are messengers walking the Earth who have been anointed by God to reveal timely messages of import, which they receive through their attunement and communion with their own God Self and higher spiritual beings.

In the community of light known as The Hearts Center, the messenger (or amanuensis) for the ascended masters, David Christopher Lewis, delivers their words of divine wisdom and love through the agency of the Holy Spirit. These emissaries of God act as step-down transformers of God's light and word to help illumine mankind.

Divine Intercession for Today's World

God requires messengers on Earth to communicate with his/her people, as has been done throughout history. When there is a vehicle for God's word to be expressed and shared, there can be a great

infusion of light, teaching, and understanding that can edify people's souls. In this time of great upheaval on the planet, the up-to-the-minute guidance and insight that the masters provide on both personal and planetary issues are, literally, a godsend.

The messages from the ascended masters that come through the messenger of The Hearts Center are referred to as HeartStreams because each one is transmitted with great love and intense light as it streams through the heart chakra of the messenger to bless all who receive it. The dynamic by which the masters charge this light-energy and divine radiance into the Earth during their releases is very important because the Earth and all of us on it require that light, that boost of energy to sustain us in our quest for renewal and wholeness.

Modes of Transmission

During the delivery of a HeartStream, the master's energy is felt by the messenger, who becomes a conduit for the transmission of both the message and the radiance of the master's presence. This benign radiation is often so great that those in close prox-

imity may feel it. A similar effect may occur even when the dictation is experienced later on through a video or audio recording.

This type of communication is not psychic channeling through a medium, wherein messages come from disembodied spirits who have not achieved union with God and are therefore not free from the rounds of rebirth. By cosmic law, sponsored messengers may receive dictations only from beings who now dwell in the higher realms and not from those who remain in the astral, or psychic, plane of the Earth.

An amanuensis is a spiritual secretary who records the words of a master or divine being. For more on the ascended masters, see our booklet titled *Who Are the Ascended Masters?*

Types of HeartStreams

HearthStreams take three different forms:

Dictations received through The Hearts Center are experienced by the messenger as the master speaking through his vocal chords. The master's presence comes upon the messenger as a fusion of the master's chakras with the messenger's chakras, allowing for a more powerful and definitive release of the word than if it were to come through telepathic communication.

A sponsored and anointed messenger is spiritually empowered in the same way as the true prophets of past ages were—such as Jeremiah, Daniel, Moses, Guru Nanak, and Patanjali. The messenger does not enter a trance; he remains fully conscious and is in a high spiritual state of awareness, after having engaged in deep prayer and meditation. He receives messages only from ascended masters, angels, Buddhas, Elohim, and cosmic beings. Dictations are usually delivered orally, though they are also sometimes written down by the messenger during transmission and later read aloud.

C*hakra* is a Sanskrit term for “wheel” or “discus.” The chakras are spinning centers of energy that receive and emanate the flow of God’s light. There are seven main chakras aligned along the spinal column and head.

Discourses are more conversational and informal in tone. The messenger discourses on a subject while he is overshadowed by the presence of an ascended master.

Darshans with the ascended masters or other heavenly beings allow students to enter into an interchange with them in which they have the opportunity to publicly ask questions of the master and receive responses that edify all who are present. The term *darshan* has its origin in the Sanskrit language and means beholding or being in the presence of a highly revered person or deity, which confers blessing and the revelation of truth.

Recipients of the Light

Each HeartStream is a spiritual experience and opportunity for those who are present to be active participants in the delivery of the dictation through a sacred process of preparation that occurs before the master's coming. During this time, which involves meditation and prayer, there is a heightened sense of awareness in the room. As the message is conveyed, the masters activate the chakras of everyone in the audience, pouring light through them, and thus making them an integral part of the experience. There is also a heightened sensitivity within the messenger to all surrounding vibrations, so to help ensure a successful delivery of the HeartStream, participants remain centered and in a state of deep reverence and devotion.

Those whose inner spiritual sight is opened sometimes see the master's presence over the messenger, along with streams of light pouring forth into the room through the master's divine energy field, superimposed over that of the messenger.

Every HeartStream contains spiritual keys for all who hear or read it and offers them the opportunity

to rise higher in consciousness through the wisdom teaching of the master. The HeartStreams are meant to inspire seekers to awaken to the truth of their inner being, to be quickened by the light, and to find the inner resources that will sustain them throughout their lives.

When we receive that edification and the graces and blessings bestowed by the masters on a regular basis, they give us hope and purpose and help us to retain that which is true within us. Because it is a natural propensity of the human condition for people to fall back, through entropy, into old habit patterns and matrices of imperfection, these boosts and grants give us a thrust and a sacred dynamic of light to move forward on our spiritual path.

Heartstreaming for Divine Solutions

Heartstreaming is a term recently coined by the ascended masters through The Hearts Center. It is a practice that moves us from seeking mental models and ideas to evolving or even magnetizing inspired solutions through divine love. It is the science of connecting with our Higher Self, or Solar Presence, by attuning to the frequencies of the Spirit through deep

meditation, prayer, and devotion. Contacting our Presence and consciously allowing the flow of radiant light-energy to course through our heart center can bring greater joy, love, harmony, and peace into the world.

Heartstreaming in Community

The Age of Aquarius is the age of team spirit and team work—the coming together in teams and in community to achieve common goals for the common good. Team heartstreaming builds relationships, strengthens community, and finds answers for personal and societal problems. It cultivates compassion for others, increases inner peace, and can heighten people’s understanding of their purpose and mission in life.

If not every member of a group or team is aware of the heartstreaming process, a single member who understands the practice can silently pray that the Higher Selves of the other members participate. Yet when all members are consciously involved in group heartstreaming, success is assured, as long as certain requirements are met (see below). Heartstreaming in groups demonstrates the saying that the whole is

greater than the sum of its parts. When individuals come together in this manner, more inspiration emerges and there is an exponential increase in the release of light toward attaining a shared spiritual goal.

Guidelines for Heartstreaming

When beginning a heartstreaming session, it is always beneficial to invite the angels and chosen ascended masters to be present to assist you in your deliberations. The following are the basic prerequisites for productive heartstreaming sessions:

Goodwill: A sincere, heartfelt presumption of goodwill lays the foundation for mutual respect and trust. Mutual respect implies an approach that is free from preconceived notions as to who will produce the best ideas, who will exhibit the greatest mental prowess, or who holds what hierarchical position within the group. Sometimes the perfect idea springs, crystal clear and complete, from one member. Other times, the group may come up with a seed thought that requires refining.

Surrender: The surrender of all prejudices, even a favorable disposition toward certain individuals, will lead to a more positive outcome in decision making and the reaching of collective goals. A prejudice—positive or negative—is a quality of the ego-mind, not of the heart.

Harmony: Maintaining a state of group harmony is key. When there is a sense of argumentativeness, impatience, or frustration, stopping the dialogue and taking a deep breath can do wonders. The group may offer a brief prayer, meditate for a few minutes, or use other techniques for quieting the mind.

Faith: Having faith in the process of heartstreaming brings positive results. Faith never impinges on anyone's free will; rather, it creates an atmosphere—through the presence of the angels and masters who have been summoned—that removes blocks preventing individuals from making choices that bless and benefit all. Exercising faith helps us to tune into all possibilities. There is no limit to what our Higher Self can do through us when we have faith.

Heart-centeredness: Communion with the heart is strengthened through practice, just as working out with weights each day develops bodily muscle and strength. Daily times of prayer, recitation or singing of sacred mantras and chants, and engaging in meditation and contemplation develop the heart. Sending God feelings of gratitude throughout the day in thought and word ties us to our heart and, through it, to God's. Heartstreaming comes naturally when there has been a cultivation and ongoing spiritualization of the heart.

The Hearts Center website offers many resources that can prepare you to heartstream with others, including meditations, prayers, and songs that help you connect with your heart.

A Gift of Light to the World

While each of us must garner the light of our own Solar Presence to further our spiritual practice, the impetus of ascended-master light that comes through the HeartStreams is a boon to our souls and

our energy bodies, and it gives us the boost that we require. The profound teaching contained in each missive is meant to guide us on our way to reunion with God in what the ascended masters call the ascension.

The Earth is also a beneficiary of this charge of light. Through the HeartStreams—the dictations, discourses, and darshans—there is the dynamism of the flow from the ascended-master realms that literally charges the Earth on a continuous basis. The masters have shared that there has been the mitigation of much darkness and natural cataclysm as a result of their HeartStreams, as well as the prayers, meditations, and ongoing spiritual work of devotees.

The energy that the ascended masters release in their HeartStreams—the divine amperage, the cosmic wattage—is tremendous. Those who see or hear them can feel this. The teaching that comes through these deliveries helps many disciples in a very personal way to avoid the pitfalls of illusion and the downward spirals of negative habit patterns.

To listen to and view HeartStreams from the ascended masters, angels, and cosmic beings and begin to feel their benefit in your life, visit our website at www.HeartsCenter.org. You will also find a link to events that you can attend in order to experience the light and power of HeartStreams firsthand. 

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broadcast prayer services,
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free 24/7 radio,
and a searchable library
of over 5,000 ascended-master
HeartStreams.*

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and many other offerings
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Meru University courses at
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