YOU THE MIRROR HEART · THE FLOW OF FEELING (REA003)

◂ Realms of Awareness | LINK 🔗 | IA | YT

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How do you feel? Not all that emotional content. Why do you feel? What do you reflect? Is your heart a simple mirror? Or is it distorted with your desires and traumas? Allow for the raw impression of what is. Unfiltered. Free of groundless ideas. In the flow of plain and pure feelings. In the intimate embrace of reality. Stay there and reflect.



#RealmsOfAwareness #ConsciousEvolution #Emotion #PureHeart #FlowOfFeeling #StationsOfLife #LifeCycle

How do you feel? Not “what do you feel”. Not the contents of your feeling. How do you feel? And wherefrom do you feel?

You've met your environments. You've landed with impressions. Your feelings arise in reflections. So what do you reflect in the mirror of your heart?

Do you simply reflect the plain “what is” that you've recognized inside of you and outside of you? Or do you instead reflect your ideas, your interpretations? Filtering the “what is” through the lens of your desires and your traumas?

Your reactions and the emotions they paint, let them be direct reflections of actuality. When the mirror of your heart remains faithful to “what is”, your emotions will be intimate with reality.

In the embrace of the flow of life. Not battling it with the weapons of your distorted ideas. Then recognize what you reflect. Feel it as it is. Mind the mirror of your heart. Stay there.

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