



Healing the Heart of Humanity

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Having become disenchanted with the bombings, killings, inhumanity and global unrest, and knowing these issues would not be solved quickly in the political arena, I began to work with setting the intention to heal my heart and the heart of humanity. Based on previous instruction, I was concerned about the particulars of obtaining recipient agreement/consent to receive the healing energy.

I found that many have written about intention and healing (Wayne Dyer, Richard Gordon, Paul Pearsall, Barbara Brennan, to name a few) and in doing so, felt that obtaining specific permission in this case was not necessary. In *The New Human: Quantum Touch 2.0*, Gordon discusses heart energy, “a body awareness and love that we feel in the area of the heart. It is a loving energy, sometimes warm or tingling, profound and energizing, that we feel in the center of our chest (2013, p. 40).” He states that for healing to occur, “touching ... is not essential. And distance ... doesn’t matter at all (p. 40).” He also indicated that he believes this energy is generated through the heart chakra (or energy center) (p.110) and does not feel it is necessary to obtain permission to do this work at a distance based on the fact that it is not necessary to have permission to send love to anyone. We are radiating love and “asking for the highest good” for recipients, not for our “concept of what should happen (p. 112).”

A friend had asked for directions for doing this work. Perhaps this will help. Before setting the intention for healing, many healers “center” themselves, that is, to go within oneself where you are most authentically you, connect with your higher power, however you define that, and then set the intention/decide to send love, kindness, compassion and healing to the hearts of all humans. As suggested by Lynne McTaggart, in *The Intention Experiment*, the power of consciousness “may prove that a single collective directed thought is all it takes to change the world (2007, p.xxxi).” McTaggart later adds that an intention should be “a highly specific aim or goal, which you should visualize in your mind’s eye as having already occurred (p. 143).”

Wayne Dyer, in *The Power of Intention*, reminds us to let go of the “ego-mind.” When ego is removed, Universal Source or life force energy can flow freely (2004, p. 219). Even with the intention to heal the heart of humanity, it is easy to slip into judgment. “Those people” should not be doing this or that (perhaps unconsciously saying that others should be more like me and should not look like what we have seen on the news). It is important to visualize the heart of each human as beautiful, radiant and loving, not the opposite. With our multiple awareness and intention, perhaps we can impact healing the heart of humanity.



What have I learned so far? I began working from my heart chakra and sent energy to the heart chakra of humanity. It then occurred to me that for healing of myself and others, the entire spirit/energy field may benefit from this connection, so I now usually send the energy from each of my seven Chakras (energy centers). Sometimes I breathe the healing into the heart of humanity. Sometimes I visualize a beautiful heart sculpture; sometimes I visualize a globe with thousands of people. Often I visualize the heart radiating energy. I have used Reiki, Healing Touch, Quantum Touch 2 and Tonglen meditation (shared online by Pema Chodron) to assist in healing the heart of humanity. For more information on ways to help heal the heart of humanity, I created a Facebook page, Healing the Heart of Humanity. You can find it at www.facebook.com/pages/Healing-the-Heart-of-Humanity/945571118808985.

I have invited angels and guides to assist in this

project. I remain open to any intuitive hints I might receive about doing this work. I also remember that theoretically all healing is self-healing, so I am treating myself as well.

Why do I call this project Healing the Heart of Humanity? While I know that I send the energy to heal many, I hold the awareness of a collective heart of humanity. When we accept the wisdom of Bruce Lipton in *The Honeymoon Effect* that “we are fundamentally energetic beings, inextricably connected to the vast, dynamic energetic field we are a part of, we can no longer view ourselves as powerless, isolated individuals (2013, p. 21).” I assume that the collective consciousness of those who may wish to join this project can effect a change in the hearts of all. I visualize peace, love, kindness and compassion on earth, as well as my own growth in sharing these qualities. There is no way to measure the effects of this project, but I trust we can effect a change in the world. Will you join me? €