

## HOW CAN THE SPIRITUAL HEART HELP YOU?

As a cardiologist, I have been affected by Heart disease: 2.000 Americans loose their life daily.

I created a cardiac support group in my office to teach principles of health and prevention.

Where can we find help when an unexpected illness shows the fragility of our existence, when we need support?

We look for people or circumstances outside us.

Why look outside ourselves for something that it is already within us? We are naturally drawn to seek a spiritual power for help: that spiritual force is our Spiritual Heart.

What is the spiritual heart?

Your heart is the center of your being, it is the essence of who you are; it represents the totality of the person; when you say: “I give you my heart, you are giving all of yourself.” .

Your heart is also the center of your moral and ethical values, it is where you hold the fondest memories; in essence your heart is the center of love.

The Spiritual Heart is the house of God: in order to communicate with us, the Lord put in everyone a portion of His Spirit.

The Spiritual Heart is the sanctuary where you find God and the certainty that you will never be alone.

In the spiritual Heart we find God's consolation and the hope when all seems to be finished.

The Spirit is our light in life; it is also the source of vital energy and of healing power.

When you are attuned to your spiritual heart :

-You live in the present moment, free from the regrets of the past or the worries of the future.

-You are able to forgive yourself and others.

- You feel connected to others, united by a common destiny.

- You accept your imperfections.

- You discover yourself and your purpose in life.

- You have faith and surrender.

- You accept death, because the essence of yourself is spiritual and the spirit is immortal.

- So why look outside ourselves for help when you have your

- Spiritual Heart?

- Only from the heart you can reach the sky.

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## The Spiritual Heart

Where do we look in time of need?

Where do we seek help when your health is in danger?

Why?

Because in your heart resides the Spirit of God.

So we can communicate with Him and ask for  
any help we may need.

So your heart is the house of God: it is a Sanctuary where you  
communicate with him, who gives you the security that you are  
never alone.

All you need is to make God the center of your life.

Spend time with him in silence. Get closer to him.

Your fear will be replaced by inner peace.

When you are in your spiritual heart:  
you live in the present.

You feel united to others and are drawn to love.

You forgive yourself and others.

You accept death

When you're in the spiritual you are close to God that loves you and protects you; When you're in the spiritual Learn to have faith and surrender; Live in the present; Learn to forgive; Learn to say farewell now express your love 'cause you do not know until' you can express it; See yourself with the eyes of love.

The Spiritual Heart is never seek and by virtue of the spirit within is ageless and eternal.

It is an island of peace.

A center of unconditional love.

A place where your true self lies.

A place where you can find the will to forgive.

Where you realize that you are not your illness.

Where you can be Seen and Heard.

Where you can express your doubts and fears.

Where you are given the time to open your heart.

Where you can still find meaning in your life in spite of your losses.

Where can encounter the lost self.

Where acceptance is unconditional.

Where love is given freely.

Where your spiritual needs are met.

Where your wounds can be healed.

Where you can find your wholeness in spite of the fragmentation of your life and yourself.

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Where your illness find his meaning  
It becomes an opportunity to find God and yourself.  
You become humble. Sorrowful for your sins.  
In need of reconciliation.  
If you feel away from God you can come back to Him.  
You experience gratitude for your life, your energy, your family,  
Your wealth.  
You appreciate these as gifts from God.  
You realize the need to forgive.  
To say good by.  
To express your love whenever you can without waiting for the  
ideal moment.  
You realize that you never know how long your life will be.  
You see with clear eyes that the gifts you have have to be given  
away serving others.  
Giving becomes more important than receiving.  
Closeness to God becomes imperative.  
There is a treasure within you waiting to be discovered.  
You are given a life time to find it and become aware.  
It is then that you have found yourself.  
Your own uniqueness.  
You discover that our Hearts are the Same.  
You realize the need to have a purpose in life.  
Life is not about you , it is about God.  
To be of service to others.

You clarify your values in life: you see what is life giving.  
Your SH is like a garden that God assigned to you:  
You are responsible for what it grows in it.  
You can contemplate this spiritual garden and see what values you  
are cultivating. How much love, forgiveness, humility, kindness,  
generosity are there. You , only you knows the products of your  
garden. God is the water that feeds this garden.  
In your SH you are always in the presence of God.

You do not need to become more faithful, more religious.  
God accepts you just the way you are.  
Come closer to God and God will get closer to you.  
All you will ever need in Life it is already within you :  
In your SH.  
Your own heart different from any other in the world.  
God created just for you.  
It gives you a measure of your own uniqueness.  
A proof of the immense love God has for you.  
All He is asking you is that you Love Him in return.  
That you love humanity because we all are children of God.  
The SH gives you all you are looking for.  
To accept yourself and others.  
A mystical center within yourself.  
Where the relationship with God is Direct.  
Where you find the joy of living even with your own imperfections.  
The SH is forever.  
We tend to identify ourselves with our name, our family, our  
possessions, our family, our loved ones.  
The main fear in death experience is the idea of losing  
everything:  
We lose our loved ones, we lose our wealth and everything we  
have ever created in life; all that is material goes lost.  
We have to accept that we will not be able to experience life with  
breath, touch, see, feel. Silence is what we expect.  
Most of all we cannot express our love.  
God put in us the seed of Eternity so we all are drawn to Eternity.  
The solution lies in the spiritual heart  
The SH is the house of God. The SH is the sanctuary where we can  
communicate with Him.  
The SH contains the spirit of God; God gave each of us His Spirit  
so we could communicate with Him, talk to Him, open our heart to  
Him, share our fears, doubts, everything that troubles us.

SO WE ARE NEVER ALONE: AT EVERY INSTANT GOD-

JESUS IS WITH US, WITH YOU.