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A Dream...Once Upon a Quiet Mind

A Medicine Called Love

Organizing for Fulfillment

Letters to my Lover



*Rediscovering
Our Heart
Experiencing Fulfillment*

by Mahi

Rediscovering Our Heart
Experiencing Fulfillment
by Mahi
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*This book is dedicated to
Mom ☺*

*Thank you Patricia Florin, Denise Poole, Irene Archer,
Amanda Collett, and Rodney Charles
for your support in creating this book.
Thank you Mom and Dad for bringing me to this
place. Thank you, my dear Heart, for this life
and love we are sharing. ❁*

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*My love for you is total
complete
eternal.*

*Having forgotten the experience of this love
you doubt it now
even as the feeling of it wells up within you.
And you are faced with a choice
to call this feeling a lie
or to embrace it as truth.*

*Your next moment hinges on this decision.
Your life turns on this pivotal point.
Your next experience revolves on this perception
your Mind's perception
of what dwells within you.*

*Am I love?
Or am I fear?*



*All of us can speak to our Heart,
and the moment we do,
we begin to write our own story.*



CHAPTER ONE



Heart

My Heart! Where are you?

I am here.

Sometimes I feel like I've lost you.

Do not worry. I am never lost.

But I am worried. Sometimes I don't feel anything, like I am Heartless. Other times I have so many feelings, but I don't know how to express them. I don't really understand myself. I try to figure it out, but I get confused.

When you get confused, listen to your Heart.

How do I do that?

By recognizing my voice. I speak through feeling. The feeling of love.

And what about all of these other feelings? Where do they come from?

You create them.

What do you mean, “I” create them? If you are my Heart, then who am “I”?

You are the Mind, the creator of experience. I am the Heart, the source of experience. I am not created. Nor am I ever destroyed. I am that which exists before any creation occurs. I am that which is present in the midst of any experience that the Mind conjures up. And I am that which remains after each experience has passed away.

The Heart is energy without form. The Mind is energy in the form of bodies of experience.

The Heart is unconditioned energy. The Mind is energy that has been conditioned.

The physical body is the actualization of the Mind. Through the Mind (in the form of body) it becomes possible to have an experience.

And what if I don’t like my experience? What if I feel confused, or worried, or afraid?

Then listen to your Heart.

How do I do that? I know you’ve just explained. But there are so many feelings, so many voices, how can I trust which one is yours?

Remember this: There is only one original feeling—Love. This feeling is not created and hence it requires no thought, work, or effort to be felt. Love is my voice. This is my wisdom. All other feelings are created by the Mind.

Unconditional love is the only feeling that I send. My

energy, or emotion, has been given many words. Here I will define myself as the grandest feeling you have ever felt. I am a feeling of peace, joy, bliss, unity, harmony, wholeness, completeness, oneness.

And where does everything else come from? How does it all get started?

All things originate from me. I am the source. I am intrinsic feeling. I am non-created. I am pure energy. All else is imagined. Imagination is powerful, molding energy into form. Energy cannot be created, but it can be used to create with. Energy can be changed, shifted, shaped, and reshaped.

With the very first thought, the Mind came into being. With the birth of Mind, there was created the appearance of something other than myself. As soon as some of my energy took the form of something other than the whole, the relative world was born. At that point it became possible to have a relationship. By taking different forms, I am able to relate to myself. In this way it is possible to have an experience.

Whenever the Mind thinks a thought, it is making a sort of judgment. Each thought circles about in the Mind. Each judgment creates a boundary. Thoughts eventually manifest into the physical boundaries of the human body, as well as everything else in the Universe. Through your body you experience the effects of your thoughts or judgments. In each moment you feel the effects of your present state of Mind.

Some beings experience these boundaries and bodies as limiting. However, the limits (boundaries) of your Mind

and body are precisely what free you to relate to others and thus experience your 'self.' Ultimately there are no 'others,' nor are there any limits. By allowing my self to be molded into beings of many forms, I am able to have relationships, experience myself overcoming limits, and move toward an expanding sense of joy and love.

The source of the universe is love. This unconditional energy of love can be used to mold an unlimited variety of experiences. The Mind directs the flow.

All experiences begin with either a thought of love or a thought of fear. The thought of love creates expansion and leaves the Mind open to the feeling of love from which it was formed. The thought of fear causes the Mind to close up and experience separation from the Heart.

Why do we become separate?

We don't. We have never been separate. The Mind cannot exist without the Heart. We are One. You are an extension of me. Your very existence depends upon your connection to me. You are made of my energy. You are flesh of my flesh, bone of my bone, blood of my blood.

The experience of separation is an illusion. All experiences (other than the feeling of love) originate from a thought. Feelings of loneliness or separation originate from a fearful thought or judgment. Fear is the sponsoring thought of all experiences that feel painful. The thought of fear is the sponsor of separation, loneliness, confusion, conflict, and suffering.

How do I get back in touch with you?

We must build a bridge between us, the Heart and Mind. In truth, the bridge is already there, in the form of Spirit. Through the feeling and communion of my Spirit, you are saved from the experience of eternal pain and separation. But you are not always sure how to recognize my voice.

‘Nothing’ is required to invoke my Spirit. I am felt in the quiet Mind. The Mind that is thoughtless is without judgment and it is from this state that you can sense my unconditional nature. Then you can begin to create consciously and powerfully, using me to form the conditions of your life. When we are communicating, you are able to consciously choose your path.

My path?

Yes, each individual being is creating a personal journey. The Mind is the tool for creating the journey and the body is the vehicle for experiencing (feeling) what you create.

Each moment you are using your present thoughts, language, circumstances, and body to experience your self. As we journey through life together, the Mind changes, and the body transforms.

Since everyone has a Heart, what do we need one another for?

You don’t. No one needs anyone else. Not only do all beings have a Heart, but all of you are of one Heart. You originate from one, but you possess different states of Mind, which are reflected through different bodies (beings). When two or more individual beings remember their Heart, it becomes possible to share love and wisdom

without fighting over the source.

By taking the form of different bodies, each with its own Mind and will, we have created an opportunity to share experience. Through your individuality you can create and share whatever experience you are able to imagine from your present state of being.

This opportunity is not an obligation. The sense of obligation is created when you imagine that you 'need' one another, hungrily viewing each 'other' as a source of survival. Forgetting your true source, you forget how to give and share from your Heart. Instead of feeling the freedom of love, you feel limited. You obligate yourself to one another and fear causes you to feel bound by that obligation.

When people fear one another, they create the illusion that energy, life, and love are lacking. Instead of creating and sharing together, people start to work for whoever controls the most energy. You attempt to 'earn' one another's favor. You fight and compete with one another for what appears to be limited.

The Mind that feels limited attempts to take from others. You justify this by thinking of others as 'evil.' You withhold love because you feel weak. You attempt to make others feel weaker than you. This creates conflict. For no being is willing to remain dependent upon another for the love that exists within themselves.

Controlling others by making them dependent upon you leads to resentment. Resentment is the inability to forgive or to let go of fearful judgments (thoughts).

Fear is a grasping for love. When you fear, you doubt that which already is. Grasping for life and love is a doubt-

ing of one's own Heart. This leads to death.

I reMind you that energy, life, and love are not lacking. They are abundant. Not only are they abundant, but they are eternal. I also reMind you that your Heart is not evil or limited. Quite the opposite. Nothing could be further from the truth than the thought that you are intrinsically evil. However, the Mind is powerful when it comes to creating experiences. The existence of evil began with the first thought (judgment) of yourself as evil. This idea places you in bondage. Rather than save you, it has led to many deaths.

I thought you said there was no death.

There isn't. But your body exists in the relative dimension of Mind, where energy responds to the thoughts you have about it. Your body is the product of generations of thought. When you believe the life of your energetic self to be 'limited,' your body responds by breaking down. Meanwhile, the energy of your self is never actually destroyed, but it does change form.

The experience of death is an illusion created by the fearful Mind. When a person becomes fully aware of their Heart and source of being, unconscious fear and death pass away.

As your awareness increases you may share your love ...inspiring and empowering one another. You may choose to reMind one another of the abundance of love, of life, and of joy. No longer will you feel the need to compete and rob one another for that which all of you possess in abundant measure. Fear and its painful effects will end when you acknowledge your inner nature of love.

Is this journey going to be complicated?

Our journey together did not begin yesterday. Nor did it begin with this human life. We have always been together, experiencing different aspects of our self. The cycles of birth and death are just one aspect. Complexity is another.

The wisdom of the Heart is simple. The creations of the Mind are many, and hence that creates the appearance of complexity. However, no matter what the Mind creates or how complex these creations appear, the same underlying principle of creation is present.

All creation occurs through the same process, a process in which the Mind directs energy into form. The created forms exist in varying levels or dimensions of physicality that all relate and interact to make up the universe of infinite experiences.

When you become fully conscious of the creative process, it becomes possible to direct that process. You no longer need to be the victim of outward circumstances. Both pain and joy have the same underlying cause—you.

Remember, it is you who are directing the flow of life. The Mind is the cause, your body of experience is the effect. *Thoughts are cause, the way you feel is the effect.*

All of these words are coming from you as you ponder our relationship. I don't say anything. It is the Mind that thinks, speaks, and acts. I am simply your lover. My love is profound in its simplicity. My love is simple because it is unconditional.

I am the source of energy that allows you to carry on no matter how many times you stumble. I am the life within

you that continues no matter how many deaths you create for yourself. If your life or philosophies are getting too complicated for you, then change them. I am only here to reMind you of your ability and potential to do that.

Are you saying that life does not have to be complicated?

Life need not be complex. Nor need it be a struggle. Life is intrinsically simple because it is eternal. In other words it requires no effort, work or maintenance. It is only a specific experience of life that requires maintenance or ongoing attention.

Creating a complex and struggling life requires a great deal of effort and continued maintenance. Complexities, suffering, and problems don't just happen. They require work. Problems and pain continue because you continue to give them attention ...the attention (thoughts) of fear and worry.

Rather than using my unconditional love energy to play, dance, make music, and rejoice, you have directed it toward the struggle to survive. This struggle is a statement of doubt. You doubt life. And since you are the creator of your journey, you end up going through an illusionary experience of struggle and death. This doubt is motivated by fear. Fear is blind to love. Fear resists and denies the abundant energy that I eternally provide.

Is there another way?

You have the potential to create joy. Move toward that. You have an opportunity to experience love. Feel that.

It is difficult to feel love within the clamor of the worried Mind. A Mind that is attached to fear-based logic or phi-

osophy is stuck in a struggle with itself, trying to earn the life and love which already IS and always has been.

You create destruction in your worried attempts to save yourself. The Mind holds on to fear-based philosophies for dear life, believing that life depends upon maintaining a firm grasp. The truth is that any thought, logic, or philosophy that is sponsored by fear destroys life, in the relative sense.

The logical Mind will not let go of fear unless given a reason. So I will provide reason. I will make clear the wisdom of love. But all of the explaining in the world will not substitute for personal experience. This is what you are doing here on earth, in your various bodily forms. You are gaining the personal experience that love is all there is. When this experience has occurred, explanations are no longer necessary.

How can I experience you more fully in my life?

Do not worry. You exist to be filled with my love. You are the body and boundary that contain me. You are 'bound' to be fulfilled.

The Heart is the beginning, the end, and the beginning again. There are many experiences, but they all come back to me. For the Mind is a circle, and I am its source.