

144,000: 10 – Be a Passionate Pump

Do you feel it? The subtle but noticeable quickening of your heart and consciousness in the last week or so? It happens every year, just as surely as spring bursts forth in the Northern Hemisphere. For much of the spring cycle, from about March through June, in conjunction with the world's observance of Jesus' passion (from the Last Supper to his crucifixion and death), resurrection and ascension, the ascended masters pump up their outpouring of light and love to the whole planet.

Following the monthly 12-step approach this year, we have primed our love pump. In January, we fortified our faith. In February, we planted our tree of life firmly in the ground of our being. Now, in March, Spirit opens our heart chakra and pours the white light of love into our heart. This muscular pump propels love-laden blood via arteries, veins and lymphatic vessels throughout our body. Our liver (on right side of body) and spleen (left side) also are vital organs in our love/circulatory system.

Pump-pump: Feel your quickened heart beating in the center and to the left side of your chest. It may be beating a bit harder and faster than previously because more I Am or Christ love now flows through it. In time, like when you go on an exercise program, your heart will become stronger and will pump with greater force, even as it relaxes and slows down its rate of beating.

Bump-bump: Be aware during the day and night when Spirit bumps up the love power that flows through your heart. Rather than be concerned or frightened by this, become one with it and radiate love to friends and family and foes, healers and those needing healing, politicians and priests, those near to and far away from you. When a projection is complete, usually after 10-15 minutes, your heart returns to its normal beat.

Jumpity-thumpity: If you resist the inflow, try selfishly to keep it to yourself, fear it will overwhelm you, or reject the guidance that comes with it, your heart may beat erratically. Rather than a physical heart arrhythmia, maybe you lose your balance and rhythm in loving others, or you fear things that go "bump in the night" in your soul. Whatever your psychological or physical imbalance, follow a holistic approach to heal it, using the best of all proven remedies.

Love-love: No matter what your disharmony or hurdle is, the key to healing it is love. You created this hump or bump in the road, so you have the love to dissolve and recreate it. Just be the passionate love pump that you are. Time and again, with ever greater mercy, compassion and wisdom, put your love into action. Love-love. Love-love. Love-love. Love-love.

Visualization: Surround yourself in a cocoon of white light, whose color embodies and radiates the power of divine love. With your inner, all-seeing eye, look up and see or sense the resurrected Jesus descending in his light body. When he is right before you, look into his eyes that shimmer with compassion. Feel out in front of your heart where it merges with his sacred, love-filled heart. He is your father, your beloved teacher, your elder brother, whom you love dearly. He represents and amplifies the I Am or Christ Self within you.

You are about to undergo your passion, including the crucifixion or crossing out of your love blockages, during which you are to forgive the enemies within and around you. Ask Christ Jesus: How did you do this? How were you able to forgive when you were on the cross? His answer may come to you as ideas, images, inner knowing, a feeling perhaps that however he did this, you can do it too. Maybe he guides you to keep your eye single on your resurrection, even as you undergo crucifixion.

With your heart filled to overflowing, passionately and compassionately pump love throughout your mind, soul and body, transmuting your blood to Christ love flow. Circulate this resurrected love to all on Earth. So be it.