

InVest: 27 – Day 3: Listen

Watch, wait, listen: On the 3rd day of your 7-day trial, shift your focus from your head to your heart as you seek wise, just, merciful, truthful, compassionate and good judgment of the cause and treatment for the thorn in your flesh. Today, this thorn feels like a spear in your heart. It hurts like hell. As you put on your green robe, ask yourself, “What in the world is causing this?”

Mentally, following your 2nd day of watching, this heart pain makes little sense; but emotionally, you feel it deeply. So, enter the hidden chamber of your heart and thymus gland that sits atop and in front of your heart, below your sternum or breastbone. The thymus secretes hormones that regulate the circulatory system and especially its immune system. Your pain indicates something is amiss and lacking in your love and judgment faculties. What is it?

Enter the courtroom, call it into session, and ask the prosecution and defense lawyers to present their new witnesses. Before you parades the symbolic Cain and Abel, whether they be brothers and sisters who fight with one another, or friends and foes who compete with each other. As they share their judgments, do not sit in judgment of them. Rather, feel out the truthfulness and validity of what they say in your heart. Feel their pain, which is your pain. Every human these days has a hurting heart, because everyone is undergoing transmutation. Listen in your heart to the still small, loving, compassionate, truthful voice of God within you.

In addition to what you think, weigh carefully what you feel. Do not be in a hurry to dismiss and discount your hurting heart, or try to explain it away with conscious rationalizations and theories, however spiritually minded they may be. Instead, stay with the pain. Feel it. Don't wallow in it and make more of it than it is. Simply feel it. Embrace it. Love it. Listen to it. Then you will hear what it is telling you. Listen and in the upcoming 4th step, you will learn.

Listen to all sides, aspects, accounts, variations, elaborations of the testimony from all the witnesses that come before you. People from your past. Friends, family and foes in your present life. Co-workers, bosses, those that you lead. Teachers, students, fellow travelers on the path. All have something to say that eventually will elucidate the cause of your pain and thereby give you the key to transmuting it with love. Listen and listen some more!

Your mortal mind, personality or ego will try time and again to make a snap judgment. Don't fall for this temptation. Don't give this part of you undue attention. Treat it kindly but with good discipline and tough love. Give the mortal its just due; then tell it to get behind you!

Listen in your heart, wherein the truth resounds. Listening all day to your heart, in time you discover the reasons why you have attracted the pain in your heart. Love, for better or worse, is a magnetic force that attracts to itself that which it loves. So, in the final evaluation, you are the cause of your own pain. This always is the truth. You can avoid and deny this all you want; but until you realize that you have brought this pain into your heart by the law of cause and effect, you are not acting as a wise judge. And you will not be able to balance the scales of justice.

Listen to your heart. Weigh the evidence in your thymus gland. When you feel it fully, you can heal it with love. This makes you a wise and loving judge who heals humanity. So be it.