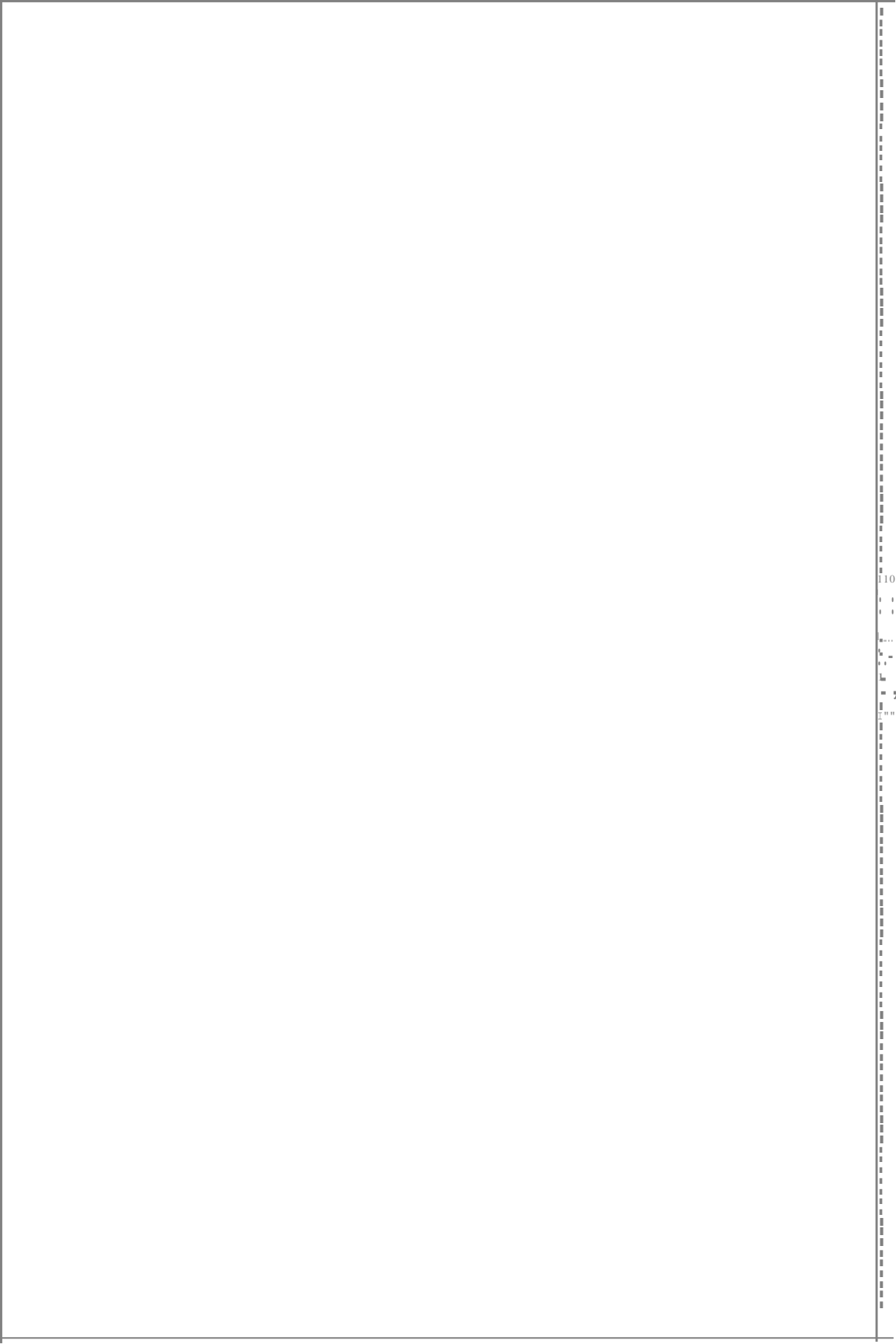


•
III
•
•••I
CII



g
u
t
t
e
r

Entering Your Own Heart **A Guide to Developing Self Love,** **Inner Peace and Happiness**

Carole J. (Meisner) Morton



Copyright © 2012, 2014 Carole J. (Meisner) Morton.

All rights reserved. No part of this book may be used or reproduced by any means, graphic, electronic, or mechanical, including photocopying, recording, taping or by any information storage retrieval system without the written permission of the publisher except in the case of brief quotations embodied in critical articles and reviews.

Balboa Press books may be ordered through booksellers or by contacting:

Balboa Press
A Division of Hay House
1663 Liberty Drive
Bloomington, IN 47403
www.balboapress.com
1 (877) 407-4847

Because of the dynamic nature of the Internet, any web addresses or links contained in this book may have changed since publication and may no longer be valid. The views expressed in this work are solely those of the author and do not necessarily reflect the views of the publisher, and the publisher hereby disclaims any responsibility for them.

The author of this book does not dispense medical advice or prescribe the use of any technique as a form of treatment for physical, emotional, or medical problems without the advice of a physician, either directly or indirectly. The intent of the author is only to offer information of a general nature to help you in your quest for emotional and spiritual well-being. In the event you use any of the information in this book for yourself, which is your constitutional right, the author and the publisher assume no responsibility for your actions.

Any people depicted in stock imagery provided by Thinkstock are models, and such images are being used for illustrative purposes only.

Certain stock imagery © Thinkstock.

Printed in the United States of America.

ISBN: 978-1-4525-1721-6 (sc)

ISBN: 978-1-4525-1722-3 (hc)

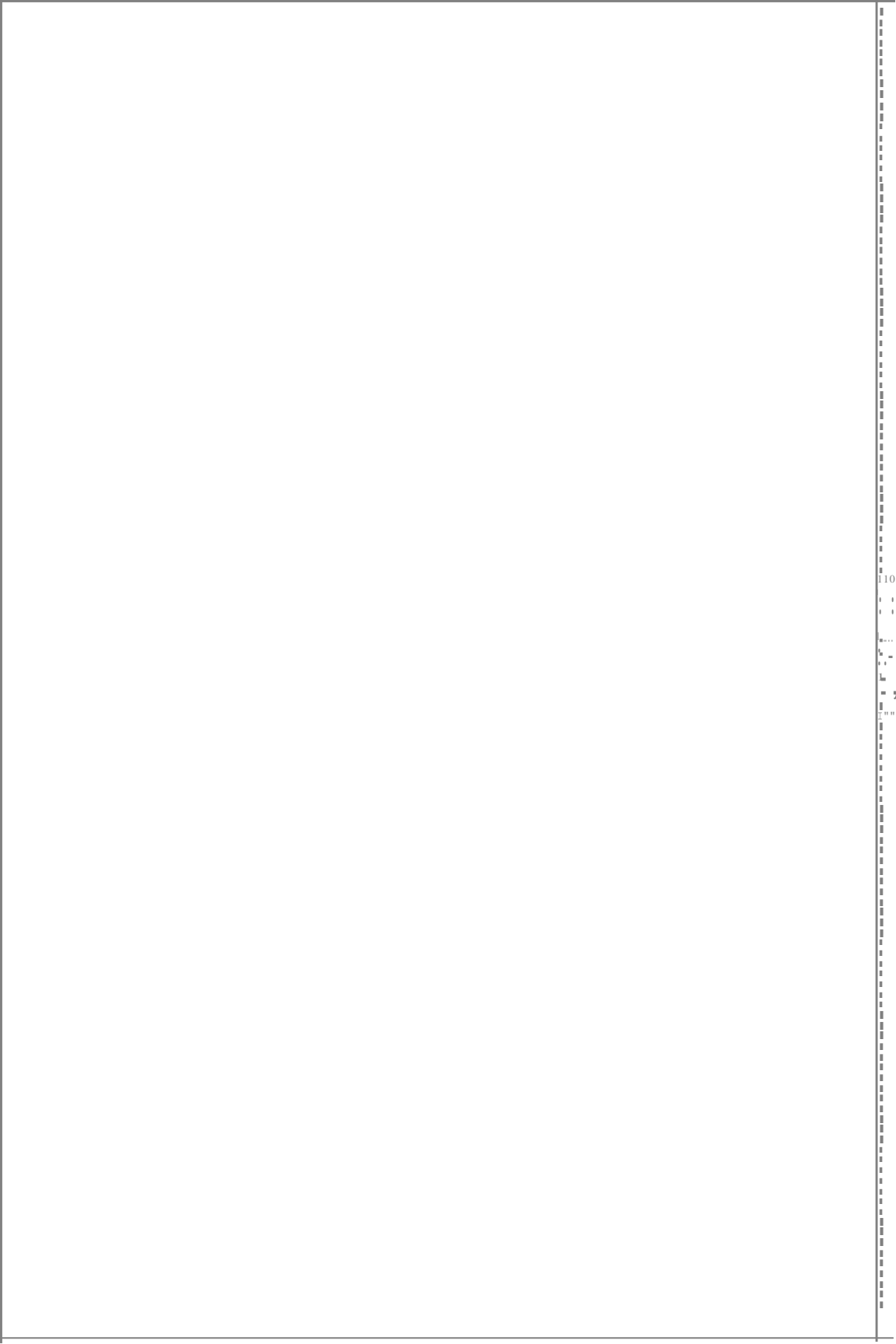
ISBN: 978-1-4525-1723-0 (e)

Library of Congress Control Number: 2014910920

Balboa Press rev. date: 08/12/2014

g
u
t
t
e
r

*With heartfelt love
for my grandson Andrew, my son Terry,
my brother Wayne and my parents
Annette and Jack Meisner.*



Contents

Acknowledgements	ix
Caveat	xi
Introduction	xiii
Chapter 1 The Relationship That Is You.....	1
Chapter 2 You Are an Energy Experience	11
Chapter 3 Emotional Treasures	22
Chapter 4 The Outside as Mirrors	39
Chapter 5 Judgments and Pain	49
Chapter 6 The Purpose of Pain	62
Chapter 7 The Gift of Defenses	73
Chapter 8 Connection and Disconnection	82
Chapter 9 Love, the Verb	90
Chapter 10 True Recognition of What Is	100
Chapter 11 Compassionate Understanding	110
Chapter 12 Unconditional Acceptance	118
Chapter 13 Knowledge That All Things Are Possible	128
<i>Chapter 14 Entering Your Own Heart</i>	142
Conclusion	151
Epigraphs	157
Endnotes	165
About the Author	167

g
u
t
t
e
r

Acknowledgements

My deep appreciation goes to all of the clients who have trusted and shared their lives with me over these past 33 years, and to the guidance that moved through me while I was with them and from which I learned so much.

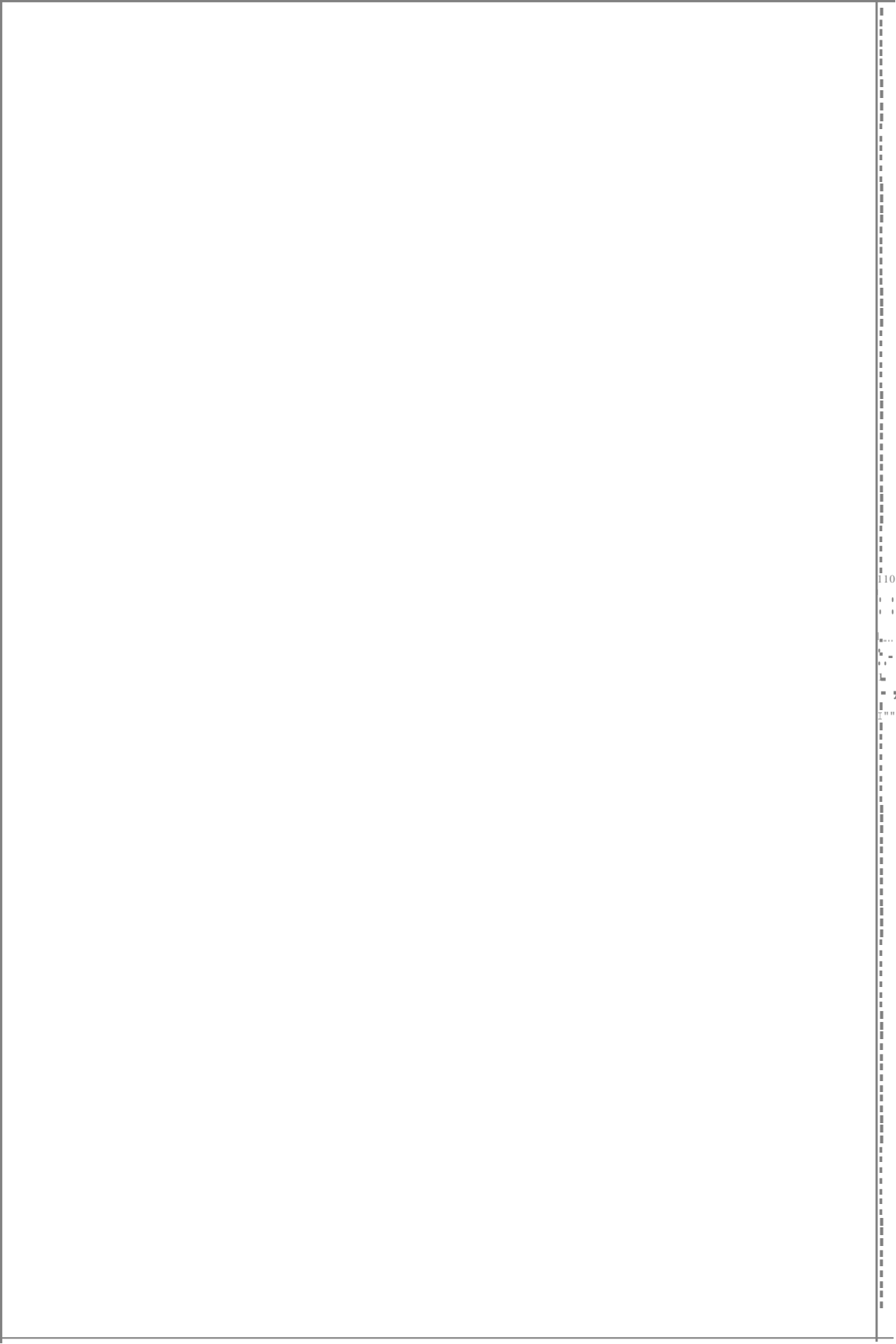
Also, to my most professional editor, Robert Weir, whose attention to detail and thoughtful contributions were so very helpful in guiding me towards finding the clearest expression of my concepts.

Much appreciation also goes to my dearest cousin Bernice Hamel and my life-long friend Rosalie Giffoniello for their continual loving support.

g
u
t
t
e
r

Caveat

This book was written to better the lives of all people. However, if you are challenged with mental illness, a *physical* condition that affects the brain and creates symptoms such as psychosis or severely imbalanced thinking, then it is important that you focus on healing your brain before doing the active psycho-spiritual healing work suggested in this book. While I believe that learning the concepts presented in *Entering Your Own Heart* will provide you with positive support for your healing process, please consult directly with your physician, naturopath, osteopath or other healthcare practitioner if you are experiencing a mental illness caused by genetic malfunctions, deficiency of needed central nervous system nutrients, neurotoxicity or a combination of these.



Introduction

Just as rivers flow from east and west to merge with the one sea, forgetting that they were ever separate rivers, so all beings lose their separateness when they eventually merge into pure Being.

—Chandogya Upanishad

Namaste: I honor the place in you in which the entire universe dwells. I honor the place in you which is of love, light, peace and joy. When you are in that place in you and I am in that place in me, We Are One.

—Definition of Namaste

E*ntering Your Own Heart: A Guide to Developing Self-Love, Inner Peace and Happiness* is a journey, a journey to the center of your own heart where you can see, understand and appreciate the fact that you always have loved—and still do love—yourself . . . way more than you imagine. Once you truly know this, you will not only treat yourself with the love and appreciation you deserve

but you will accept no less from anyone else and offer no less to others.

The love for self I am addressing is a love that maintains peace rather than hurt, anger, anxiety or depression in the midst of disappointment, betrayal or failure. The depth of love we allow ourselves to experience, toward our self and others, ranges from conditional to unconditional. When we reach the deepest state of love for our self, we experience unconditional love that never dies even if a loved one dies or leaves us or we leave. When we love our self unconditionally, it means the end of inner conflict, self-hatred, depression and anxiety—and it allows us to experience our true inner peace.

Entering your own heart means taking a journey through your outer self into the very center of your being where the actual loving truth of you resides. It's often said that it is very important to love our selves. How many of us truly understand what that means? Over the years, I've asked many people I've met socially if they love themselves. Their answers were usually yes. When I asked them how they knew they love themselves, most answered that they bought themselves massages, a nice car or attractive clothes. These very same people would often feel angry, upset, insulted and indignant; they would become boastful and judgmental of others and were not truly peaceful inside. Unfortunately, we have not been taught how to treat

ourselves with unconditional love. In fact, much of our training has actually taught us the opposite—but we can still learn. My hope is that *Entering Your Own Heart* will increase your awareness of self-love and guide you to create a richer, happier life experience for both yourself and for those you touch.

The journey is three-fold, with each aspect being inextricably linked. The first aspect of this journey is to become aware of and be able to hear a part of you that is sometimes referred to as “the still small voice” that resides within your heart. The second aspect of this journey is to actively listen to that voice, to “check-in” with it, and to fully understand its importance in your life. The third aspect of this journey is to arrive at a state of total identification or oneness with this voice, to realize that it is your true self, and to completely drop all identification with your personality or ego self.

My personal belief, and the belief of many others, is that “the all and the everything” provides us with more than one lifetime to complete this journey, but this belief is not required to walk the path to self-love. Based on where you are on your path, *Entering Your Own Heart* will guide you through the first two aspects and lead you to the door of the third aspect. When you attain self-love, you will live pain-free: confident, happy, peaceful, accepting, patient and loving.

My Journey

I'd like to share with you a little about how my life and this book evolved.

When I was very young I spent most of my days alone in my room, rocking and crying on my bed. One day, I just got up, climbed out the window, slid my small body to the very edge of the ledge five stories above the ground and tried to find the courage to jump off. It wasn't the thoughts in my head as much as the feelings in my body that drew me out that window. The rocking would ease those feelings some, but, on this day, for whatever reason, the rocking wasn't enough. As I sat on the ledge, with one hand raised above my head, clinging to the bottom of the open window for security, the other hand pushed down on the red brick in an attempt to eject myself over the edge. I was ten.

At that age, I didn't know how to ease my pain, and I sought relief the only way I could imagine. Luckily, I was too fearful to end my life, and, even though life was very difficult, I managed to stay alive until I could find a better way to ease my pain. My search took decades, but I learned that sometimes it takes profound pain to bring us to profound peace, and I did find the inner wisdom that enables me to have a peaceful, fulfilled life today. If you aspire to peace, it is within your reach as well because peace is within you.

No matter how alike or different we might seem, we all have the same core needs and can all achieve a fulfillment of those needs. My life perspective developed into what I call psycho-spirituality. This is an understanding of the human experience being connected and whole with no separation between mind/body/spirit/other. I've attempted to put into words the complexity of what I know and to organize my message in such a way that the miracle of who we each are becomes clear and evident. My desire is that my words will spark in you a great love and appreciation for your self.

My childhood was riddled with scary experiences, and I wound up feeling great doubt, even hatred, of both myself and the world. The world looked upside down to me. I remember thinking that everything that was important wasn't, and that everything that wasn't important was. I felt very alone.

Even though I climbed back in the window and didn't end my life that day, the years ahead were troubled with anorexia, battered-wife syndrome, prostitution, near-death from a self-induced abortion at a time when abortions were illegal, and more misery than anyone deserves.

A few days after I climbed back from the ledge, I had an experience so strange that I'll never forget it. I was sitting on my bed rocking, crying and thinking that I was not loved. As a steady current of tears ran down my cheeks, for

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

