

## Rebirthing the Heart

Of all the spiritual goals we pursue, to give and receive love with an open, strong heart will forever remain the essence of a spiritual life. Yet for so many, that ability has been wounded or traumatized during their life and their hearts lie quiet inside layers of protection, waiting for healing and release. And even for those whose lives have been blessed with few heartbreaks, modern life itself takes its toll, and as one passes through the stages of life, the heart will need renewal.

How does one rebirth their heart? From the simple fatigue of living in a complex, accelerated world to the most grievous loss and shock a heart can suffer, how does one reawaken magic, spontaneity and passion?

Rebirth means to awaken the primal life force in the core of our being, and reanimate the Self with new love, vision and purpose. The power of rebirth transforms that which has been strained, wounded or lost inside of us into vitality and the will to love again. Rebirth can occur only when we hold the intention to truly honor ourselves, and to fully experience the process of rebirth, one must journey through four stages: The Spark, The Stretch, The Structure, and The Sharing.

The Spark reanimates our self-connection. We awaken it from deep within when we choose to hold stressful or painful experiences in acceptance and gratitude, and breathe deeply into where we carry these experiences in our body, emotions, heart and mind. The willingness to begin loving and embracing the moments in our life that have shut down our hearts awakens the healing Life Spark.

The Stretch moves us out of our comfort zone. Once the Spark has touched our will to live with a new sense of vision, we then must risk and commit to change that serves our life. The mantra of this stage is, “At the center of your fear is your power.” Move toward doing those things that you fear, and the Spark can fill you with a greater sense of being as you Stretch.

The Structure rebuilds our vital life force. Through stretching into a greater sense of being, we can take on the work of rebuilding and expanding our life boundaries. These boundaries are what we have permission to say yes to and say no to in our lives and relationships. By doing our work—exploring patterns of codependency, honoring grief, and committing to our full adult individuation—we find the guidelines to evaluate our boundaries and take action toward getting closure on painful experiences. And in moving toward the goal of impeccable boundaries, our hearts can come forth with a great renewal of joy.

The Sharing reunites us with life. As The Structure builds greater self-confidence and clarity, it is a natural movement of the heart to want to share and anchor the story of our renewal. And yet it is a risk to come forward and seek those who will understand and listen whether it is a friend, a lover, or an audience. Here the heart travels back to the core of our pain—being disconnected from life and love somehow—and risks creating new connection. If the stages of rebirth have been properly honored, this risk is attainable, and life is reborn in the heart.

Rebirth of the heart is a profound experience that clears the way for our Soul Light to emerge and touch all those around us with the sacred power of renewal.

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