

# **Heart Flight**

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## **Reflections**

Greetings of Love and Light,

I have recently been dragged, kicking and screaming a bit, into the 21<sup>st</sup> century. I'm now dipping my toe into Facebook and finding some wonderful inspirational insights, just in time to attempt to assist all of us in dealing with the turmoil and chaos of our current world.

I am not a medical professional, but one insight shared with me teaches us how wounds heal. To begin the healing process, they must be opened up and uncovered so that the infection may be released. Now overlay this onto the turmoil around us. The wounds of our world, our country, even our individual lives, are being opened up and drained so that they may heal. It may be a difficult, even painful process now, but the result will be worth it. "Things are not getting worse, they are getting uncovered. We must hold each other tight and continue to pull back the veil." (Margaret Conner-Messer)

The veil is a very powerful feminine symbol. An "unveiling or revealing" is, by definition, an "epiphany." When we have an epiphany, a light bulb comes on. We have the opportunity for new insight and new understanding. We grow and we are healed. In ancient Israel, the veil in the Jerusalem temple separated the people from the Holy of Holies and their God. Tradition says that veil was torn in two at the moment Yeshua (Jesus) was crucified. An unveiling heals separation and duality. We are made whole or, as Mary Magdalene teaches us, pain and suffering point our way back to God.

This is a hard lesson for many of us. We'd much prefer to ignore what's happening around us or label it just an illusion. "Beam me up, Scotty! There's no intelligent life here!" However, the more difficult path is the path of true and radical incarnation. This path honors the Earth Mother and the Divine Feminine by honoring our frail and imperfect world of matter. As Lightbearers, we are here for a purpose, and that purpose empowers us to anchor Light and Love wherever we are and send it into Mother Earth to help in her birth process. In a very real sense, we are called to be midwives and the labor has started. It is not yet clear what will be born and unveiled, but as we walk through our uncertainty and fear, we have the challenge in front of us to focus on the good and the positive that is being revealed and given new life. Birthing is not easy, but joy comes in the morning. And remember – we are not doing this difficult work alone. Our angels, guides and teachers are with us from the inner planes as well as our fellow Lightworkers here in this dimension.

***"We are each of us angels  
with only one wing,  
and we can only fly  
by embracing one another."  
Luciano De Crescenzo***

***Mother Maryesah***

***Coming Soon***

***The Sanctuary of the Magdalene presents***

***“The Energies of Atlantis and the Temple Within”  
A Retreat for Spiritual Transformation and Inner Awareness***

***October 28-30, 2016***

***The Hampton Inn, Marshall, Michigan***

***For more details, please visit our website at [www.magdalenerose.org](http://www.magdalenerose.org).***

## **BOOK CORNER**

This page will feature a review of a pertinent book related to the on-going work of the Sanctuary of the Magdalene. Please visit our website for additional study material and suggested readings.

### ***That Five-Letter Word***

***“There is no greater battle in life than the battle between the parts of you that want to be healed and the parts of you that are comfortable and content remaining broken...It is a holy war that rages between the habitual unnatural thinking that dares you not to trust yourself or God and the call of the Holy Spirit that reminds you that you must always trust where you are and what you are learning. To learn is to heal, and when you learn something, you know it. When you know something, it changes your behavior.”***

***Iyanla Vanzant in Trust: Mastering the Four Essential Trusts***

In the darker times of my life when I've faced difficult challenges or found myself face down in the mud of life, I've often heard that “still small voice” reminding me to “TRUST, TRUST, TRUST!” Meanwhile I feel like I am drowning and of course my response of the moment has just as often been something less than printable, which is why I've dubbed the word “trust” the five-letter word. It is absolutely essential for living in peace and serenity, but oh, so hard to do! This is precisely why we need a guidebook and a road map on how to live our lives in trust and that is exactly what Iyanla Vanzant offers to us.

Vanzant's book outlines what she considers the four essential trusts; trust in self, trust in God, trust in others and trust in life. She writes from her heart, using her own experiences and those of her clients, as profound examples of trust, or not. Beginning at a young age, Vanzant was taught that she was unworthy of trust. She was abused and neglected at home. Her life was difficult, to say the least. She speaks movingly of the importance of our early years. This is when the seeds of trust or distrust are planted in our being, and there they remain for the rest of our life unless we consciously choose to weed our garden. She writes: “Trust is the first task of the human ego. It grows from the need to be safe, to belong, and to survive. Learning to trust others and ourselves is something the ego continues to struggle with for our entire lifetime...If or when we learn that we cannot trust that our needs will be met, anxiety, frustration, suspicion, anger and a lack of confidence often result.”

Self-trust means self-care. It means having confidence in your own choices and your ability to carry out those choices so that the result will be for your highest and best interest. And if you stumble and fall along the path you have chosen, self-trust teaches you that you're okay and encourages you to get up, dust yourself off and take another step forward. “The biggest lesson and challenge in the development and practice of trusting yourself is giving yourself permission to make a mistake.” There have been a number of times in my life when I've slid into self-doubt because the results of my

choices didn't match my expectations. And yet notice that making mistakes is part of the learning and growing process. I would even argue that we don't have mistakes in our lives, only lessons to be learned. We can choose to call them mistakes and beat ourselves up, or we can choose to call them lessons, learn and move on. It's our choice.

It's interesting to me that Vanzant begins with self-trust and then moves to trust in God. Traditional Christianity would invert these two and maintain that we can only learn to trust and love ourselves because our Creator reaches "down" to us. There is a conscious progression in Vanzant's order and she emphasizes the need to "get our own house in order." Disorder and chaos in our own inner life and self-concept will make a spiritual life much more difficult, if not impossible. When we trust ourselves, we start from the truth that we are one with God. We may not always remember this truth, we may not always manifest it in our lives and in the choices we make, but this truth remains the diamond within us, even if it's cloudy and veiled. It is time to live this truth, polish and reveal the light within us, and truly trust in the Source of All Being. Vanzant reminds us: "Trusting God is a choice. Often it is a hard choice. As human beings we are constantly bombarded with physical signs and evidence that what we want, feel or know is impossible. We are forever being presented with hard-core physical facts and intellectual stimuli that entice us to accept and believe that what we see, what others say, and what seems logical and practical in the physical-world reality is what is and therefore must be accepted." Yet trusting God is quite different, often lacking in any proof or physical, tangible reality. "The key to learning and knowing that we can trust God is to recognize that there is a spirit within us that is connected to God." Do you feel the circle and flow of feminine energy?

So now let's add the reality of other people to this circle. Here is where the rubber meets the road, for most if not all of us. Very few humans escape their physical life without the experience of betrayal. We've all been there. We've all felt the deep, searing pain followed by the depths of doubt and despair. How can we ever trust again? Ultimately, trust is not about other people, or about our individual lives and how great or not so great they are. Trust is an inside job, which I'm certain is why Vanzant began her book with learning to trust ourselves. Without self-trust, nothing else works; not our spiritual life, not our relationships at home and at work, and not our dreams and hopes for the future. We become stuck in doubt and fear. But even then the "still small voice" whispers in our ear: "Trust the process." And so out of our dark night and from our deep hole, we pick ourselves up, take a deep breath, dust ourselves off, and step forward in trust of who we truly are. We are Light. We are Love. We are One, and we do not fear the darkness.



### ***Prayer Corner***

As Americans, and as citizens of our global village, we currently face daunting challenges and hugely important choices. As you walk your path in the next few months, do so prayerfully, mindful of the

simple truth that the choices of one person can affect the whole planet. We are not separate from each other and what each of us thinks, says and does matters so much. This is an “All Hands On Deck” moment. I take my next step in trust that Love and Light will prevail.



***MARY MAGDALENE: Serve Out of Your Fullness of Self-Love***  
***Received by Mercedes Kirkel***

Question: What is the meaning of service? I've had a consciousness of service my whole life, but I end up hurting myself by not taking care of myself, putting myself last.

Mary Magdalene: It is very simple but it's not easy. You must put yourself first. You must love yourself. Through loving yourself, you become the vehicle that all love flows through.

This is very different from what has been taught in many of your teachings, where it was bad to love yourself. It was selfish. It was self-centered. So you emptied yourself to be good. But this was an unfortunate teaching.

In truth, service comes out of the fullness of your self-love, the excess, the abundance. You are so filled with love that you can't help but give to others. It's streaming out of you. That is true service.

Think of a time when you were so in love, when you fell in love with another being and your heart was so full that it was a joy to serve. That service did not empty you because you were already full, already overflowing. It was simply a natural process.

When your service is not coming out of your overflowing fullness, it is a sign that you are needing to fill yourself with love, until you have excess to give others.

Is that helpful?

Questioner: Yes, thank you.

Mary Magdalene: Wonderful.

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