

INNER TEMPLE OF THE HEART

Overview

This exercise is similar to *Connecting with the Inner Altar of the Heart*, found in the Intermediate Techniques. Both are key tools of the Mediation Corps, and this version contains more information, making it easier to extend into other applications.

It's easy to enter the *Inner Temple of the Heart* : we simply spiral down to the heart, and enter. Its size, shape, location, and attributes are unique to each individual, being an expression of each unique, Divine Spark. For some, it may be a building of some kind; for others, it may be a place in nature; for still others, it may be in inter-galactic space. Regardless of its nature and appearance, it's a unique expression of your innermost Self, and the more time you spend there, the more you will feel totally at home: peaceful, safe, and secure.

At the center of the space, there's an altar with three flames that arise from it. They represent Truth, Love, and Beauty (or Energy), which are another way of representing the triune nature of reality: Brahma, Vishnu, and Shiva; Creation, Preservation, and Destruction; Isis, Osiris, and Horus; Father, Mother, and Child. These three flames represent three dimensions of Soul we cultivate and develop throughout our lifetimes — moving towards their fullest expression.

An important aspect of this Inner Temple is our *Gatekeeper*, who knows where everything is, and how to call it in. S/he is an invaluable aid in this work.

This Inner Temple is an expansive place, a central hub with pathways leading to all the Inner Planes, all parts of our

subconscious, the Akashic records, and more. From the Inner Temple, we can go anywhere in Creation. So it's invaluable to have a Gatekeeper to keep track of everything.

In case it's not obvious, this Gatekeeper is an aspect of your own Essence, a dedicated function of your Higher Self. Your Gatekeeper can call in any guides, allies, or sub-personalities you wish to support your healing work.

The Basic Technique of Entering the Temple

1. Unify your Field, if you haven't already. Sit comfortably. Close your eyes, take a deep breath, and relax.
2. We enter the Inner Temple of the Heart by starting at the sixth chakra, behind the eyes, where we generally experience our identity. Spiral down in whichever direction feels right to you. Down through the Fifth chakra, and down towards the Fourth. Spiral into the Fourth chakra, and effortlessly enter the Inner Temple of the Heart.

This is your Soul's sacred refuge from lifetime to lifetime. This Temple evolves gradually, as your Soul does. It's a unique expression of the unique nature of your Essence, and its highest aspiration to fully realize its Divinity. For some people, it may be a physical structure of some sort; it could be a beautiful place in nature, or it could be at the center of the galaxy. It's wherever your Soul feels most peaceful, secure, and at home.

3. Take a few moments to look around, to feel where you are. Sense the distinctive qualities of your own Inner Temple.

The Inner Altar

In the center of the Inner Temple, there is an Inner Altar. This is also a personalized expression of your unique Essence. It is of

unique design, built with unique materials, styling, and features — all of which express your Soul's aspiration to fully realize its' Divinity.

1. Take a moment to observe your Inner Altar. See the details of its' construction, and feel how it expresses your innermost self.
2. From the center of the Inner Altar rise three flames: the deep, blue flame of Truth; the warm, rosy flame of Love; and the brilliant, green flame of Beauty (or Energy). Each of us has mastered each of these Principles to different degrees, so one of the flames will be the highest, and one will be the lowest. We need to bring them into balance before we proceed. And we do this with what we call the Essence Breath.

Essence Breath Technique

1. Inhaling through the nose for a count of seven, breathe Essence into your entire body, filling your body with the energy of your own Higher Self. Hold for a count of seven, absorbing this Essence energy into every cell. And now, exhale, blowing through your mouth into the base of the Triple Flames, bringing them into balance, making the lower ones match the level of the higher.
2. Continue the Essence breath: Inhale through the nose for a count of seven, breathing Essence in to fill the entire body. Hold for a count of seven, fixing that energy into every cell. Exhale through the mouth, blowing into the base of the Triple Flames, bringing the lower ones up to match the highest.
3. Continue the Essence Breath until the three flames come into balance.
4. These flames produce light but not heat, so they don't burn. Imagine yourself seated in the middle of them, comfortably

effortlessly, as there is no gravity here. See a column of light extending from your Heart chakra down through the *Central Channel* (or the *Pranic Tube*), down through the Base chakra, down through the Omega chakra, into the center of the Earth, grounding you into the planet. See the same column of light extending upwards from the Heart through the Central Channel, out the Crown chakra at the top of the head, upwards all the way to Source, grounding you into Source.

5. Pause briefly to savor the State you have invoked.
6. You are now prepared to perform deep Alchemical Work.

Alchemical Work in the Inner Temple

Techniques that may be employed at this point include **Telepathic Image Release**, and **Retrieving Spirit Medicine**. Both of these are available in video form (hopefully by the time you read this.). Also, **Telepathic Image Release** is available on its own, as another one of the Specialized Techniques.

Make a recording

With all these more complicated, specialized techniques, we recommend that you make a recording of the steps, in your own voice. This will allow you to relax fully, and watch the technique unfold effortlessly.