

## Awakening the Heart Center—An Invocation

*For those of you who were not able to attend the inspiring "Awakening the Heart Center" conference presented by Mark Pope at the Fellowship in November 2008, we are sharing here one aspect of his beautiful approach to consciously experiencing the mysteries of the Heart Center.*

*The invocation below can be an excellent addition to both the Fellowship's Mantra Prayer of Protection and its Light Attunement. This invocation also may be practiced as a method of centering yourself in daily situations.*

*To begin, bring your hands in light and sacred touch to your Heart Center. Place your right hand over your Heart Center and your left hand over your right hand, with the thumbs lightly touching.*

*Now speak the following words aloud:*

I call forth and open myself to that Spirit that guides me into the deep Mystery and the awesome Grace of the Heart.

I call forth and open to Compassion. I open to the experience of Compassion. I lean into the compassionate embrace of the Divine. I feel into and in back of the words . . . allowing myself this wondrous embrace.

And now, I call forth and open myself to a sense of Innate Harmony. This is the experience of the Heart, lighter than a feather . . . the experience of a peace that passes all understanding. I open now to Innate Harmony . . . the experience of calm in the midst of chaos. Here, in the Heart Center, I begin to see life as a Divine Mystery Play.

And now, I call forth the Healing Presence. This is the capacity of the Deep Self to renew, restore, and make whole again. The Healing Presence flows through me, lifting me into a profound appreciation for all that I am. Here in the radiance of the Healing Presence, I see that all parts of myself simply wish to be appreciated.

And now, I call forth and open myself to that most mysterious of the attributes of the Heart — Unconditional Love. I open now to a Love that includes everything and everyone, a love that excludes no one, excludes nothing. Here I open to the Love that pours Itself out on the just and the unjust alike.

And now, I call forth and open myself even more fully, and offer the radiance of whatever flows from the Heart. I feel the current that flows through me, guiding me into that profound Love that is, in the words of Rumi, "beyond all rightdoing and wrongdoing."

I fuse and blend with the larger Mystical Body of the Heart Center, where, in some wondrous and mysterious way, I unite with all souls who, throughout time, have devoted life force and attention to this awakening and deepening experience of the Heart.

I open to the awareness of a Love that is so spacious and so vast that it includes everything and everyone. Here is a Love that radiates Itself unconditionally into all creation.

*An extended audio presentation of Mark Pope sharing his Heart-centered work is available on CD. Originally recorded live in front of an audience of 500 people, **Awakening the Heart: An Experience** has been edited and remastered and is available from Mark Pope at <http://www.markpope.net/bookscds.html>*