

12/29/2011

**The Year of Love
The Assembly of Light channeled through Abby Isadora Haydon**

We would wish to thank you for your presence and your interest in the knowledge that is coming through.

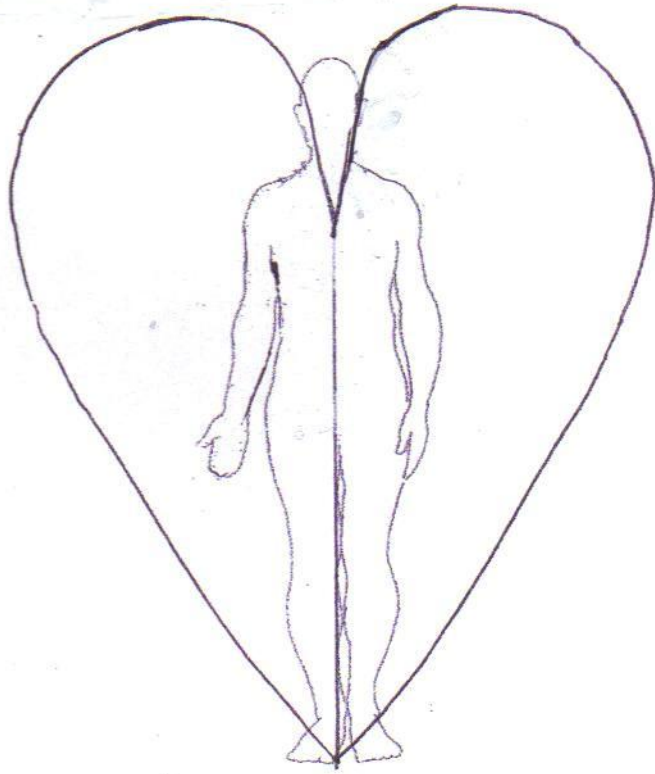
We would wish to speak of the expansion of the heart center. This is the area that you may think of as the fourth chakra or energy center of the heart area that is able to bring forth love, joy and beauty. Even though many feel this center of love exists within their heart, we would wish to bring forth the idea that the heart center, the center of love, expression and experiencing positive emotions is an energy field that surrounds the body. This energy field enables you to express positive or negative emotion.

The actual heart area of the physical body is an anchor point for the emotional center of the body. The different glands that are between the throat and the heart are also part of the heart center. This area where the emotional body anchors to the physical body enables humans to express great beauty and joy or great negativity.

This heart center is opening at an extremely rapid rate. As the heart center expands and the emotional body is strengthened, there will be many beautiful aspects of experience happening upon the planet. As this wonderful heart center becomes even stronger, many beautiful miracles will take place with the people of your world.

Many who are engaged in numerous types of spiritual practices, from different walks of life, from many religious traditions, all speak of love. Many speak of the heart. These different spiritual perspectives have many different descriptions of what the heart is and what love is.

We would wish to give to you a visual construct of the energy field of the heart center. This circuit of energy goes from the heart, up past the head, around the body and down to the feet and then up to the heart again. It does actually look like a giant heart that encases the entire body. The shape of the heart has become, over the centuries, synonymous with feelings of love and other positive emotions.



This energy field is anchored at the chest area for a very specific reason. The emotional heart center is connected to the physical heart. The emotional body is amplified by each beat of the physical heart. This is the only center of the body that is energized this way. There are other centers of the body, the mental and spiritual bodies, which are attached to glands of the body. The intuitive center is anchored at the third eye area. The intellectual center is anchored at the top of the head and behind the ears. These different areas stimulate different functions and awareness within humans.

The intellectual center has been extremely stimulated within the past century. This has brought forth many great inventions. Those who had a strongly developed intellectual center were able to receive input to create many different types of products. The computer and all technical, electronic devices have come about by the stimulation of the intellectual or mental center of the energy fields of the body.

Now it is time for the heart center to take the spotlight. Now much more energy will flow through the heart center. The heart center is in

need of purification at this point in time. The healing of the energy that flows through heart center needs to take place within this coming year.

The year of 2012 is a time when much fear will be generated by human beings. For this reason, it is very important to energize the heart center with positive emotion. It is important to think upon Divine Love and to think upon sharing Divine Love with others. There is great confusion about this year of 2012. There is much misunderstanding as to what will transpire during this year. Great confrontation is coming to all hearts and minds on the planet in 2012. For most all have heard a bit about Mayan prophecy, but do not know the facts. Think of this lack of knowledge as a big challenge. You may wish to think of it as a battle: it is a battle between fear and love. It is important to energize oneself with love and positive emotions and not be taken over by the fear of others.

Keeping your emotional essence in a state of love, not allowing fear or negativity to overtake you is very important now. We would encourage all to think upon this New Year as the Year of Love, the Year of Heart Expansion and Healing.

The energies of this year will be bringing forth much potential for spiritual growth and healing. There will be many opportunities for healing the emotional pain of past lives as well as situations that need healing from the present life. The energies of this year will help individuals to release stagnant emotional formations and patterns that are no longer serving them.

In using the energy of this year many will be healing aspects of themselves that have been vanquished and trampled upon by experiences in this and other lifetimes. There are many ways in which healing of the heart can come forth. Working with the colors of blue, magenta, violet and different shades of pink will bring great healing to the heart center. Wearing these colors or having them around you will rejuvenate your heart center.

Other techniques will become available this year through this one through whom we speak. We will share ways to activate and strengthen the heart center and experience more feelings of love and bliss. Along with the colors of love that we have mentioned, we would also like to encourage the use of sound. What may be valuable are the tones of E and

F and any variation of these two notes. If you are able to utilize these tones, by singing them, it will be very healing.

Walking, deep breathing and keeping the mind focused on a person, place or experience that brings positive feelings to you is another way to energize the heart center with love. To use movement in combination with positive thoughts and feelings will amplify this aspect of your nature. If you are planning on taking a walk, walking to your work or doing some physical activity that will move the arms and legs, have a focus of something that brings the emotion of love to you. You may think of someone in your life now that you love, or speak to a departed loved one with whom you have a strong bond of love. You may wish to think upon a spiritual being or ascended master or someone who embodies love to you. Any of these concepts are good for stimulating the physical and emotional bodies with positive energy. Dance also activates the physical and emotional bodies at the same time. Pumping blood through the heart and experiencing the joy of dance is a powerful way to enable the heart center to impact your environment.

Before you start the Walk of Love, close your eyes and simply think of the person, place or experience that will bring that feeling of love to you. Allow that thought to expand within you for several moments. Then start to walk. If there is a song that you would wish to hum or think of while you are walking, that brings forth feelings of love, then it would be very valuable to do that as well. Getting in a habit of adding this dimension to your daily walk or exercise will be valuable.

The idea or thinking about someone or something that you love combined with physical activity energizes the thought you are having. The blood that is pumping through your physical heart will come forth to invigorate the emotional heart center. The two shall work together as one.

All humans are being called now to use more of their potential. So much of your being has been made dormant. Surviving in the world that you live in suppresses many beautiful aspects of your nature. So much of who you are is at rest and not being stimulated. The mental aspect of culture has reigned supreme for many years. It is now time to stimulate another center of your being. It is now time to stimulate your ability to

love. As you generate more love you are helping many people to release their fears. Allow yourself to be a generator of love. Now is a time when you can change your world to make it what you wish it to be. It is important for all to take this idea seriously.

Even if you do not discuss this idea with others around you, they will start to feel the benefit of your intentions. You will see this benefit going on with people with whom you interact.

We would wish to give you the Vision of the Expanded Heart. See yourself standing anywhere you choose, be it ocean, mountains or even out in space. The location may be different every time you bring forth the vision. See your heart center as being the focal point of a giant heart.

See yourself in the center of a big heart. See this energy field around you. You will then begin to see a variety of experiences. You may see your energy field turning a color. It may start pulsating or vibrating. It may even start to rotate and move around you. If possible, make the field rose or lavender. If you are seeing any areas of darkness within this field, then simply see the rose color pushing it out of the heart that is around you.

You may see pictures at the heart area. You may see any number of objects within the heart area. These objects and pictures may change from day to day. If you see an image of a person, be they alive or deceased, they need your love energy. Those that you love who are in need may be represented by a picture of symbol. If that is the case, simply add more of the rose color over the picture or symbol.

Working with this idea and allowing it to grow within you is very beautiful indeed. Simply reading this information will begin to stimulate this heart center. Many people do not know how to change their mindset. They do not know how to turn off the negative thoughts and fearful thinking. Fear has become very strong within the past 3 years. Much fear has been stimulated by the economy and the financial structures of your world. Many fear that they will be in lack. Many fear horrible earth changes this year. Even though the Earth is going through many changes,

these can all be transmuted and lessened as more love is generated by each being.

If you are having an experience where fear is upon you and you are in the grip of any of the manifestations of fear, we would wish to encourage you think upon the vision we have given you and immediately change your thinking. Take a moment to place this heart around you. See someone you love within it. You will find that your whole energy field will change. You will be able to take a big sigh of relief and release the fear that was gripping your being only moments before. This concept, though very simple, is very powerful.

To utilize this concept as often as possible will bring great healing not only to you, but to the world as well. You are powerful. Do not let yourself drift into the fear and doubt energy forms that are being generated by many on the planet. If you feel this negativity upon you, know it is like a coat that you may take off. You can change this in a moment by putting on a garment of shining rose and lavender. This can be your garment of Divine Love. Keeping yourself filled with positive emotion is so important now. In doing this, you are helping your planet to make a positive transformation to the New Era that waits.

Abby Haydon

www.spiritualguidance.com

abby@spiritualguidance.com

928-204-5617