

# TEMPLE OF THE HEART

RELEASING PAIN  
TO FIND INNER PEACE



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# Temple of the Heart

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The Temple of the Heart is the place within each one of us that holds the divine essence. It's who we truly are when you remove all the layers of pain, trauma, beliefs and memories that become stored around the heart. These energy disturbances are collected by the mind in an attempt to protect us – to stop us from feeling unpleasantness or discomfort.

The energy disturbance doesn't go away – it just gets buried, waiting for an opportunity to reveal itself once more so it can be released. Life becomes a subconscious attempt to avoid any triggers that might reveal the pain. Most of us prefer to build an existence around avoidance than being free.

In an ideal world, no feeling or imprint of an event would become stuck. We'd just be aware of the feelings that come up and we'd let them go. But it doesn't always happen that way.

We store the energy disturbances or imprints of an event around our hearts. It stops us from living life fully and loving unconditionally. Imagine an energy disturbance as an icy ring or chain circling your heart. Each frozen ring or chain blocks the beautiful, loving heart centre. Throughout our journey in life, we keep adding to the frozen rings or chains.

Pain comes to us in many forms – physical, emotional, mental or spiritual – it may appear differently but all aspects have a common root in being an energy disturbance. Pain is unavoidable in life but we can avoid holding on to it. It has a purpose (often to reveal fear) and it can be a great teacher but it is not meant to be a permanent sensation nor is it meant to be stored away.

Releasing the Temple of the Heart from its icy, frozen bounds means facing the pain. You allow it to dissipate back into the Universe. You find freedom from the prison of the past by letting go in the present.

## **DON'T RESIST THE PAIN**

Don't resist the pain. Breathe into it. It's there to be acknowledged and released. You are witnessing the discomfort but not associating with it.

## **MAKE A CONNECTION**

Put one hand on your heart and the other hand on your temple.

## **VISION YOUR HEART-TEMPLE**

Imagine your heart as a beautiful temple. Inside is an infinite source of love and joy but the pain you are feeling has created a chain or barrier around the temple. What does the chain or barrier look like?

## **THE PRAYER**

Say the prayer I share (next page) or allow your higher self to bring a prayer to you. Be thankful for the pain, understand you are not to blame, and seek forgiveness. Be sincere in your desire for release.

Bring your awareness back to the Temple of the Heart. Watch the chain or barrier change.

## **ASSESS & REPEAT**

If there is remaining pain, repeat steps 3 & 4. The aim is to allow the chain or barrier to be fully removed. Be gentle if it doesn't happen in the time you feel it should. Try several times then leave it for a while. You might find it dissolves by itself.

# THE PRAYER

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Even though I am experiencing pain, I'm now willing to release it.

I want to feel the stored energy so it can flow from my being and be transformed by the Universe.

I no longer want to hold onto these feelings. I want the Temple of the Heart to flow free with loving energy.

Even though I may not know the cause of this discomfort, I can be at peace with the unknowing. If the cause comes to my awareness, I can be at peace with the knowing.

I am open to the possibility that the cause of the energy disturbance could be ancestral, and the root issue is older than my lifetime. My healing ripples through time and space, past and future generations.

I am grateful for this pain as it is my teacher. It is showing me that I have an energy disturbance, and it is bringing it to my awareness so I can let it go. It is showing me that it is time to release. I don't need to use it as protection for the Temple of my Heart any longer.

I'm sorry that I didn't understand the lesson that this pain brings. I'm sorry I have caused suffering to myself. I'm sorry if my suffering has caused suffering to others – past, present or future.

I forgive myself for innocently holding onto this energy disturbance. I forgive myself for not knowing that to do with it and I forgive myself for maybe not even knowing it was held around the Temple of my Heart.

I forgive any person, event, or situation that I have felt caused this discomfort, even if that includes me. I forgive the mental trigger that activated this pain.

I am ready to feel what I need to feel so that I can be free.