

The Heart Path

The Practice of Honoring Life Unfolding



“If you want to understand the universe,
think of energy, frequency and vibration”.

- Nikola Tesla





CONTENTS

THE ELEMENTS

Me	4
The Small Self	4
Me-Us-Them	4
Counterfeit Love	5
Honoring Life Unfolding	5
The Heart Shift	6
Forgiveness	8
Quantum Love	9
Duality	10

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RESOURCES

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The eye of the I.....David Hawkins
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Who's really running your life.....Peter K. Gerlach
Reality is a buffet of frequencies...Kideft Om
Breaking the habit of being yourself...Joe Dispenza
Leap before you look.....Arjuna Ardagh

THOMAS KUSTER



Over the years Thomas has developed a systematic approach called, The 7 Stages of Love and The Heart Path. He offers a unique point of view that has helped hundreds of couples and thousands of individuals see new possibilities for their relationships.

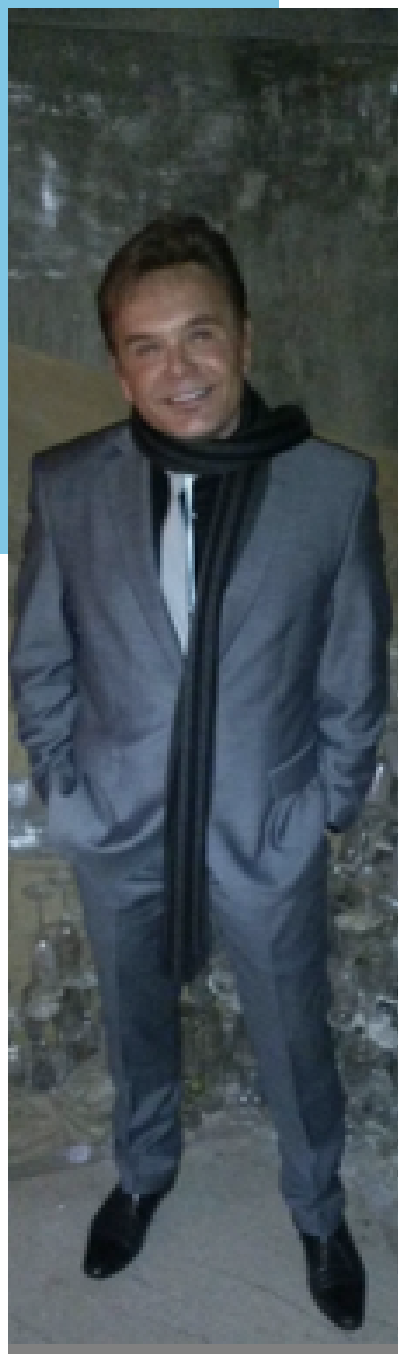
He started his coaching career in 1995. He designed and produced more than 25 classroom series, The Seven Stages Of Love, The Next Best Version of Yourself, The Seven Stages Of Self Expression, Breathtaking Relationships, Developing Your Core Competencies,

The Emotional Body, The Theme of Your Life, The 30-Day Lovers Challenge, and The Date Night Project, naming just a few. His original series still lives within all the work he has produced called Partners For Life. This refers to partners committed to life versus a life sentence.

He is the author of The 7 Habits of a Breathtaking Relationship, The 7 Stages of Love and Relationship Refresh.

Thomas trained inside the work of Peter K. Gerlach - Parts and The Internal Family, Patricia McDade - Consulting Alliance, and is certified through the HEARTMATH Institute, the Awakening Coaching Alliance, and The Emotional Health Institute.

Our team of practitioners is committed to people getting what they long for. A healthy relationship is one access to fulfilling that longing. We work with individuals and couples to achieve their heart's desire.



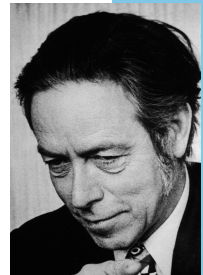
THE SMALL SELF (ME)



The Small Self is a collection of everything you might point to that would identify you as you. It is also that which makes you separate from others.

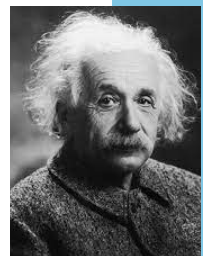
There is a lot more going on inside of that SELF than what meets the eye. Your thoughts and emotions make separation from others very real. Because of that, you might find it challenging to experience being connected to all of life. It can only occur conceptual.

ALAN WATTS, a British philosopher: “Everything is connected as ONE thing that is merely appearing to be many things. You and I are all as much continuous with the physical universe as a wave is continuous with the ocean.”



EINSTEIN: Reality is merely an illusion, albeit a very persistent one.

It exists as a prison made up of perceptions and opinions and points of view.



You are trapped by that separate reality, and then in your own unique way fight for that reality. Fighting for points of view, and opinions.

Think of the Small Self, as your personality, character, ego, or identity.

A question to ponder. "When you die, what happens to your identity and your personality? Do they die? Do you then continue as a spirit with nothing that identifies the SELF you always had been? What is the bigger picture of the identity, character, and personality? I don't pretend to know."

COUNTERFEIT LOVE



The Small Self is very interested in love. In fact, one might say that it is only interested in love. It even references Self-love as a concept and ultimate goal which sounds good, it even seems correct, but in truth, there is absolutely no access.

It, therefore, has no interest in you understanding the reality of love. None whatsoever, in fact, it has no connection to love existing within you.

The Small Self is only interested in finding something outside of itself that it calls love. Someone bringing it to you, offering it, and expressing it.

It is a lifetime of searching, wishing, and longing. Unless the trap of the Small Self is revealed it never gets fulfilled. You automatically seek someone who has qualities that you feel you lack.

You don't say that, but that's what you are driven to find. And then, when you think you found it, you almost immediately want something different. You no longer want in them what you lack, but rather you think you want them to be more like you – the Small Self that you have always known. And that adds more mass to the trap of the Small Self. An illusion that is experienced as reality.

This is counterfeit love, and it can never be satisfied.



THE OPEN HEART PROJECT™



As we embark on Quantum Love we need to understand the Energetic Heart. I call it the heart of the Emotional Body.

How do we distinguish counterfeit love from Quantum Love?

Open your heart. Focus on what it feels like when your heart is open. Now, what does it feel like when it's closed. Get in touch with feeling your energetic heart.

Generally, emotions of happiness, joy, and excitement are connected to an open heart while sadness, depression, blame, shame, and guilt are connected to a closed heart.

Feel it, what does it feel like? Get in touch with that feeling so that you can be responsible for opening it and living with it open.

How do you open the heart?

Breathe into the heart space, give up and let go of any emotion that lends itself to closing down/shutting down. (The Bliss Point exercise™).

There is no need to analyze the experience. Analyzing is like chewing on thoughts and is directly connected to closing the heart. So, just experience and let the experience move through.

THE OPEN HEART PROJECT™ CONTINUED



Practice letting go. It is a practice where you notice the tension in your body and allow it to be. Anything other than letting it be is actually holding on. That is how to practice letting go.

"If you let go a little, you get a little peace. If you let go a lot, you have a lot of peace."

Ajahn Chah

You might find yourself replaying past mistakes over and over again allowing feelings of shame and regret to shape your thoughts and actions. You might notice you cling to frustration and worry about the future as if the act of fixation somehow gives you power. You might hold stress in your mind and body potentially creating serious health issues. Notice how you might accept that state of tension as the norm. This is all Small Self reality in action.



Let go of your Self-Concept (Identity, character, personality).

The objective of letting go is the elimination of the automatic limiting mental and emotional programs that run your daily existence. It is the attainment of an unconditioned mind and ultimately transcendence of the mind itself to higher states of consciousness. ©2016 Thomas Kuster

FORGIVENESS



Saying I'm sorry is one way we view forgiveness. If there were varying degrees of forgiveness, from the first degree to the highest degree then this is the first degree. It is by far the most common and rather ordinary.

I refer to it as Ordinary Forgiveness, not to minimize it.

Do not underestimate its necessity. Why is the first degree necessary? Consider those times, that you've made an error, a mistake. You were sorry and wanted to be forgiven.

In some cases, you were forgiven, and in others, maybe not.

By the same token, there are those that wronged you and you either forgave them or you didn't.

If you listen closely you can hear that built into this kind of forgiveness, though subtle is a kind of superiority. The one who is forgiving (or not) has dominance in the relationship at that point. They get to choose and the other is at their mercy.

The first degree of forgiveness requires language, there has to be a dialogue, whereas, the highest degree of forgiveness is dramatically distinct. It is the Language of Love, and though often without dialogue, it absolutely communicates.

QUANTUM FORGIVENESS



This forgiveness is distinct from ordinary forgiveness which lends itself to a kind of superiority. This forgiveness isn't logical but rather ontological, it is a way of being, a created state.

You can rest and trust in a higher purpose for your life in this space. You can surrender to life unfolding, that is a letting go – letting go – letting go, a lifestyle versus an act.



Consider it like this:

Practice honoring life unfolding. It is your purpose. Your life purpose is to align with life unfolding. It is not trying to make it fit your pictures. It is to bring honor to it.

The practice of honoring life unfolding is the true game of life. This honor allows life energy (love) to flow naturally and powerfully through you.

Shame, blame, guilt, jealousy, envy, upset, anger, frustration, anxiety to name a few, are all fundamental expressions of FEAR, that kind of fear is a barrier to the flow of life energy.

These expressions of fear are a kind of violence to the spirit and there is a fundamental addiction to them. We create the illusion of escape by trying to resist them rather than simply letting go. The resistance being the power that fuels them.

QUANTUM FORGIVENESS CONTINUED



QUANTUM FORGIVENESS is the only way to undo the fear and to open the heart.

It starts first with accepting you are forgiven, this forgiveness is not one part of you forgiving another, but rather stepping into an already existing forgiveness. The language of love.

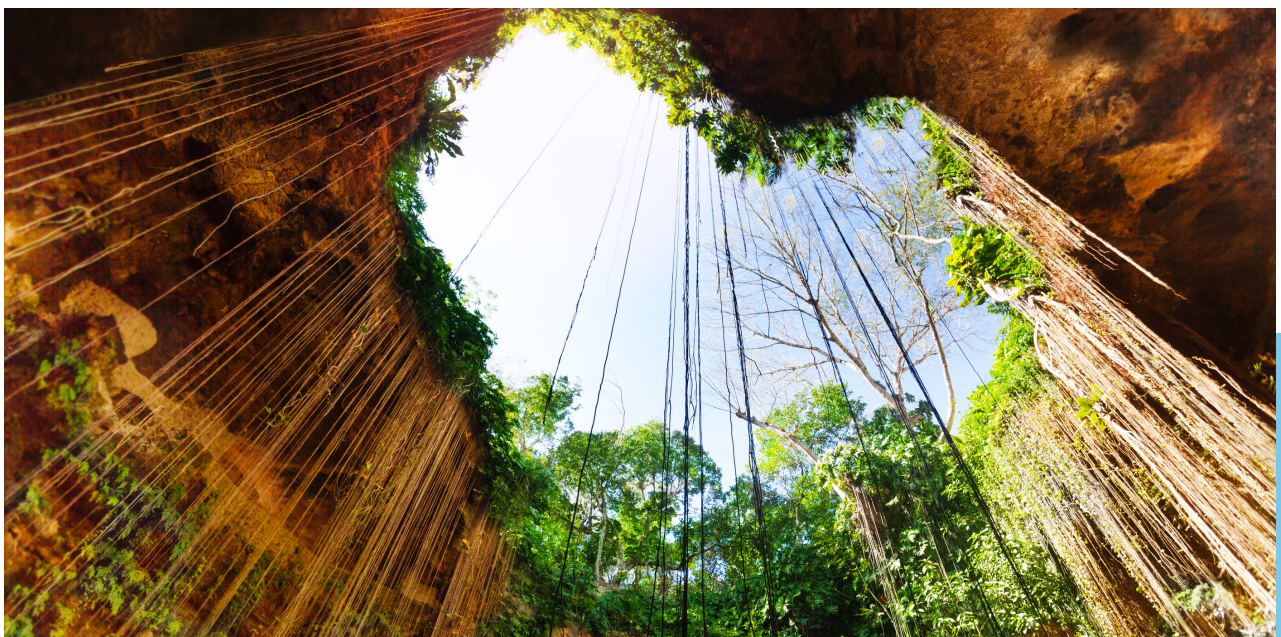
Accept it. Step into it.

1. You cannot earn it
2. You don't deserve it
3. And it is accepted for no reason

When you step in it then becomes a joy, an honor to extend it to others. Forgiveness is more than a generous gift but rather a wonderful reminder of who you really are.

Our life is but an opportunity to practice this kind of life at very high levels. It is not the world that is our laboratory, but instead, it is our own consciousness.

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DUALITY



Duality is when two sides seem to conflict with each other. These two forces are two sides of the same coin. Each and every element we have uncovered here has two sides, as does everything in existence.

The only way a person can reach an understanding of both extremes is through spiritual duality. A person will only live life to one extreme until they accept both sides and define a middle ground.

Duality in this document relies heavily on knowing ourselves and the complexities of life. Small self-leadership with no regard to the Higher self limits one's experience of themselves and of life.

Higher self-leadership with no regard for the Small self leaves one not grounded in reality. These two opposing forces balance life and give a human being real power.

If you know about the duality, then you can harmonize the two sides and see all of life instead of what is “right” or “wrong.” You can center yourself based on these perspectives and live in neither extreme.



DUALITY CONTINUED



As humans, we know what life is. It is what we do every day, but it is difficult to understand death. It is a mystery and impossible to explain fully. We know that we have to live before we can die, and in that case, you cannot have one without the other.

There exists an insinuation that one side is better than the other. Even in the way we refer to them here, but in reality, one side cannot exist without the other.

Understanding duality teaches us that our lives are not about striving for what we see as light and therefore 'good' while attempting to remove anything dark and therefore 'bad' from our lives. Instead, we are called to embrace both and to love both. To dance in the dark as much as the light.

The opposite of duality is a sense of oneness. Duality focuses on the opposite ends of the spectrum, whereas oneness means the middle ground. The middle ground represents mastery in both domains.

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