

Dare To Come In Contact With The Hero In Your Heart



We connect to the hero in our heart when we tell our stories that conquer our fears and anxiety. Anxiety stops the heart from remembering, and stress keeps us in panic mode. We forget who we are.

The inner voice in our heart is where all the support resides.

Close your eyes. Put your hand on your heart, and remember a time that you conquered fear, panic, grief or anxiety. Close your eyes, put your hand on your heart and feel the first story that comes up. I'll do it too and that way we can compare stories.

Here's my story:

"It was a very dark time for me, growing up. I did not feel supported or loved. I was a sensitive child, so I felt everything. I felt peoples' fear. I felt peoples' anger. In my home, I did not feel love. I did not feel happiness. I had to pretend I had it by watching TV and reading as many books as I could. I had to have someone else's template for happiness because I did not have a frame of reference for this.

I wanted to please because I thought I would get the love I needed. I became that model student craving attention because that attention meant love. So school was a safe place for me, but the home was not. My parents yelled. I was fearful because I had learning disabilities and my mind loved to berate me, compare me to my sister and tell me how worthless I was.

I was in fourth grade, and it was a Saturday. I focused on making a very long gum chain. A gum chain is where you braid gum wrappers. All of a sudden I was overcome with emotion beyond belief and felt so alone it was unbearable.

Maybe it was such an unusual feeling because my heart opened with these emotions. It was too much for me, so I dropped what I was doing and laid down.

The most brilliant white light came into my vision whirling in a circle of colors like a fast, twirling kaleidoscope. Mesmerized is the operative word.

And then an angel came from my heart and spoke to me. I know it was an angel because my senses told me so. Besides, I felt this unbelievable love and joy I have never felt. Tears were streaming out of my eyes.

I heard her kind and compassionate words. Not as you and I would speak but in a language more natural than speech. She filled me with love, and the grief I had been feeling was no longer there. She told me she would always be with me no matter what. It was her job to make sure I knew that I mattered. She asked me, "Do I matter to myself?" And I responded by saying, "yes."

Honestly, I have no idea how long this experience lasted, but when it was over, I could feel her moving from my mind's eye back into my heart. I opened my eyes. The room didn't seem different at all except my gum chain had fallen off my bed. I touched my heart as if I had some psychic surgery that changed my heart forever. My heartbeat was calm as if nothing unusual had happened.

That angel got me through my grade school years. She came whenever I closed my eyes and touched my heart and asked her to make herself known. She'd come, I'd feel her love and always, the same question she would ask, "Do I matter to myself?" My response to her would be, "yes."

I had forgotten this angel until now. It's a great story to remember, and so I have because I have written it down. What story did you feel?

These are significant stories in our hearts that help us remember we are heroes. We are heroes because we are ourselves.

Our stories connect us to one another. They link us into our write heart memories and work their way in helping us let go of fear, anxiety and the "fight or flight" response.

Close your eyes, put your hand on your heart and be touched by the stories that live in your heart. Send me the stories you remembered, I'd love to read them.

Please pass this on to someone who would enjoy reading this. Thank-you.

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