

Angelina Heart - Twin Flame Newsletter

Heal the Polarization

March 19, 2010

**New to the Angelina Heart Newsletter?
Be sure to read the post script at the end.*

Heal the Polarization

To My Spirit Family:

Below you'll find Patricia Cota-Robles latest newsletter, [Heal the Polarization](#). What you'll find is in such complete accord with what you've been learning about reunifying the split in consciousness between Twin Flames and the unparalleled assistance the unified heart can afford humanity.

Print this out, read it at your leisure...but please read it. Then take action. Take the steps necessary to move your heart's passion from thinking and words to feelings in action.

Only Love is Real
And being and giving love are the only things that matter!

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HEAL THE POLARIZATION
by Patricia Diane Cota-Robles

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There is a lot of misinformation circulating about what will happen in 2012. Most of it is fear-based and predicting things like cataclysmic earth changes and the end of the world. In Truth, we have already entered the initial impulse of the Shift of the Ages. We began our ascent up the Spiral of Evolution into the 5th Dimension between the Lunar and Solar Eclipses in November 2003, during an event that was coined Harmonic Concordance. That does not mean, however, that 2012 is not important. It is very significant.

Whenever the collective consciousness of Humanity is focused on a particular moment

in time, we have a tremendous opportunity to cocreate something together. Depending on what we are focusing on, that cocreation can be either wonderful or devastating. It is important for us to realize that whatever happens in 2012 will be the result of what you and I and every other person on this planet empower with our thoughts, feelings, words, and actions between now and 2012.

Since we have already begun our Ascension into the 5th-Dimensional Realms of God's Infinite Perfection, our ability to quickly manifest the archetypes for the New Earth has been greatly enhanced. We need to pay attention to the negativity that is surfacing to be transmuted back into Light so that we can invoke the Violet Flame and transmute it, but we must not stay stuck there. Once we invoke the Violet Flame, we need to focus our attention on what we want to cocreate on the planet instead of the surfacing negativity.

One of my favorite quotes from Buckminster Fuller is "In order to change something, we do not try to alter the existing model. We create a new model and make the old one obsolete." This is what we need to do with the existing systems on Earth that are not working toward the highest good for all Life. For instance, the banking systems and Wall Street have proven that there is no depth of greed or corruption to which they will not sink. Instead of waiting for the people to change who are still being grossly manipulated by their human egos, people with a higher consciousness need to create new monetary systems that will make the old ones irrelevant. Instead of waiting for the corporations who are creating the devastating pollution on the planet to develop a reverence for Life, people with a higher consciousness need to reach up and tap into the viable solutions that are now available in the Causal Body of God.

Our time is at hand! This is our moment! The key is that we need to face these challenges and cocreate new options without falling into the consciousness of "us against them." There is no separation. We are One.

Because of the intensity of the challenges Humanity is going through, the Company of Heaven is asking awakened Lightworkers around the world to utilize the collective Cup of Humanity's consciousness between now and 2012. We are being asked to cocreate a forcefield of Transfiguring Divine Love that will envelop the Earth and all Life evolving upon her. This will help shift the mass consciousness of Humanity by revealing the Oneness of ALL Life in new and profound ways. As the Infinite Love of God floods into the hearts and minds of unawakened souls, they will be able to raise their heads above the chaos and confusion in their lives. Then they will remember who they are and why they are here, and the Truth of their Oneness with all Life will be reflected in their behavior patterns.

Go within and ask the Presence of God pulsating in your heart to reveal to you your part in this Divine Plan. If you feel the heart call to participate, please join with fellow Lightworkers from around the world. Weave your radiant Light into the Chalice of this Divine Mission, and offer to serve as a surrogate on behalf of your brothers and sisters in the family of Humanity. Prepare to release the residue of the behavior patterns that no longer serve your highest good, as you pave the way for an unprecedented shift of

consciousness.

Every day deliberately use your thoughts, feelings, words, and actions to add to the Light of the world. You have been training for lifetimes to do this. Ask your I AM Presence for guidance. Listen to your heart. Trust yourself. You are powerful beyond your knowing.

HEALING THE POLARIZATION

Day by day more and more people are awakening. This inspires them to lift their hearts and minds, which, in turn, raises their consciousness and allows the Light of God to increase on Earth. When our consciousness is raised and the Light of God increases in our lives, we begin to “see with new eyes and hear with new ears.” This phenomenon has the wonderful effect of allowing us to clearly perceive the Oneness of Life and the Divine Truth that all Life is interconnected, interrelated, and interdependent. We then know beyond a shadow of a doubt that we are all One and that there is no such thing as “us and them.”

When this reality resonates in the deepest recesses of our hearts, the validity of war becomes impossible to accept, and the concepts of poverty, greed, corruption, violence, abuse of power, oppression, hatred, selfishness, prejudice, pollution, disease, ignorance, and every other reflection of our belief in separation become intolerable.

Often, from our newly awakened state of consciousness, our reflex response is to take a stand against these negative situations and behavior patterns. Unfortunately, this causes us to polarize ourselves against the people involved. Any time we polarize ourselves against a person or group of people, we motivate them to fight back. This merely widens the abyss between us and causes further separation. We attempt to solve this problem by arguing our case and trying to coerce the people we are polarized against into seeing things our way. We share all of our newly acquired insights and try to convince them that their way of thinking and feeling are flawed. They, in turn, argue from their perspective that our way of thinking is delusional and that we are being duped by unrealistic idealism. Of course, these arguments are futile and only exacerbate our polarization.

It is time for all of us to really grasp the fact that PEOPLE DO NOT KNOW WHAT THEY DO NOT KNOW. When a person awakens, his or her consciousness is raised up, and their perception of reality is transformed. An awakened person literally thinks, feels, sees, and hears with greater awareness. This shift of consciousness allows the person to perceive a greater Truth and to comprehend the Oneness of Life at a deeper level. This awakening results in an indisputable inner knowing within the person’s heart and mind.

When an unawakened person tries to deny, dispute, or discredit the inner knowing of an awakened person, it is futile. That effort is like a deaf and blind person trying to convince a sighted-hearing person that there is no such thing as color or music. The

difference in that situation is that the sighted-hearing person would understand perfectly why the deaf and blind person was having trouble grasping the concept of color and music. The sighted-hearing person would have compassion for the deaf and blind person and would respond to him or her with patience, love, and understanding.

Unfortunately, we cannot easily tell if someone is awakened or not. We often make the mistake of assuming that people should know more than they do, or that they should understand more than they are capable of understanding. When we expect more from people than they are capable of, we are generally disappointed and frustrated with their actions and their perception of things, which only polarizes us further.

This is a very challenging time for people everywhere. It is a time when Humanity is being purged, and the negative behavior patterns of our lower human egos are being pushed to the surface to be healed and transmuted. This is a necessary part of our transformation, and a cleansing that must occur in order for Humanity to complete our Ascension into the 5th Dimension. This purification is happening for each of us individually and for all of us collectively.

It seems as though every time we turn on the news, we see widespread reports of corporate greed, governmental corruption, atrocities of war, gross imbalances in the economic system, and myriad other things that reflect Humanity's fear and a belief in separation. These things have existed for a very long time, but they have not been brought to the attention of the masses as profusely as they are at this time.

During this intense time of cleansing and awakening, people around the world are becoming vastly polarized over every conceivable aspect of life. They are polarized over the wars, the economy, taxes, health, health insurance, the justice system, politics, government, religion, education, family values, life-styles, energy, security, business, management, labor, medicine, food, water, air, the environment, and on and on ad infinitum.

We have been told by the Beings of Light in the Realms of Illumined Truth that Humanity is in the midst of the greatest shift of consciousness ever known. The Earth and all her Life are Ascending up the Spiral of Evolution into the 5th-Dimensional Realms of Infinite Physical Perfection. In order for the Earth and Humanity to complete this Ascension process and for Heaven on Earth to become a manifest reality, we must heal the polarization.

Then God's Eternal Peace and Abundance will be the order of the new day on this planet.

Since unawakened Humanity cannot easily grasp the concept of the Oneness of Life, it is up to awakened Lightworkers to heal the polarization. This means you and me and every other awakened soul on Earth. This is our purpose and reason for being in embodiment at this time, and we already have everything we need within us to accomplish this mighty feat.

What affects one part of Life affects all Life. In other words, as I AM lifted up in consciousness ALL Life is lifted up with me. Instead of polarizing against everything we disagree with, we need to create a new reality, a reality that reflects our Oneness and makes the concept of separation obsolete.

We have the opportunity to assist in this endeavor daily and hourly, as we take the power of our attention away from the illusion of separation and focus it on the vision of Heaven on Earth. When we observe something in our life or in the world that does not reflect Oneness or the Reverence of Life, we can invoke the Light of God into the situation and transmute the negativity associated with it by using the Violet Flame. Then we can envision what we want to create in its place.

Instead of polarizing against our government, for instance, we can invoke the I AM Presences of the people who hold public office and ask them to take command of their thoughts, feelings, words, and actions. Then we can visualize the public officials responding with integrity and striving for the highest good for all Humanity. When greed, selfishness, and the gross imbalances in the distribution of wealth are brought to our attention, we can invoke the I AM Presences of the people involved in these activities as well. We can envision their I AM Presences taking command of their hearts and minds, and we can visualize them responding with love, generosity, and a willingness to assist those who are less fortunate than themselves.

Whatever we focus our thoughts, words, actions, and feelings on, we bring into form. We need to create the vision of what we want life on Earth to be like, and then we need to set about creating that new reality.

In addition to empowering the vision of Heaven on Earth with our every thought, word, feeling, and action, we have the ability to serve as surrogates on behalf of all Humanity. Since all Life is interconnected, when we lift into a higher level of consciousness or transmute an aspect of our human consciousness that no longer serves our highest good, we also lift and transmute the collective consciousness and energies of all Humanity as well.

As we transmute our own obsolete behavior patterns, we need to simply ask the I AM Presence of every man, woman, and child to lift their consciousness and to transmute their negative behavior patterns simultaneously. The Universal Law is: Ask and you shall receive. Knock and the door will be opened.

In deep gratitude for our ability to serve Life on this sweet Earth, let's join together and cocreate a unified forcefield of Transfiguring Divine Love. This forcefield will be far more powerful in its impact on Humanity's global consciousness than any of the other humanly generated forcefields of energy perpetuating the serious problems facing us on this planet. It is a Universal Law that if the inner conditions or forces within Humanity's global consciousness are transformed through Love, the outer conditions of the world will proceed to reflect the Divine Plan for the Earth.

The Divine Plan for the Earth is a living, active, all-powerful forcefield that will produce perfection if not interfered with by our human egos. In the Heavenly Realms, the Beings of Light work purely and precisely with the great forces of Cause, knowing full well that the effects will take care of themselves. Most of us are currently trying to manage EFFECTS in our lives rather than focusing on the CAUSE which will truly change the situation from within. Trying to change things by focusing on the effects is like trying to change the reflection in the mirror without changing the object that is causing the reflection. It is a futile effort.

To insure the transformation of inner conditions for Humanity and the Earth, let's join together and create a forcefield of Transfiguring Divine Love. Centered within unity consciousness, our collective spiritual ability will empower each of us to accomplish this Divine Plan.

VISUALIZATION

Please focus on this visualization now with the full power of your attention, knowing that you are joining in one-pointed consciousness with Lightworkers around the world.

We begin by invoking our I AM Presence and the I AM Presence of every man, woman, and child on Earth to take full dominion of our thoughts, feelings, words, and actions.

Our Father-Mother God now expand the Flame of Transfiguring Divine Love blazing in every person's Heart Flame. This expansion of Light creates a tremendous magnetic Heart of Divine Love that envelops the entire Planet Earth.

This blazing Heart of Transfiguring Divine Love draws to itself the energy, vibration, and consciousness of pure Love from every Ascended level of Being in the Universe. This gift of Love flows into our planetary CAUSE and helps us to manifest the perfection of Oneness and Reverence for ALL Life through the hearts and minds of every man, woman, and child on Earth.

Our Father-Mother God send forth a clarion call, and twelve magnificent Solar Archangels of Transfiguring Divine Love respond. These selfless Beings of Light descend into the atmosphere of Earth from the electronic belt around the Great, Great Central Sun. They take their strategic positions around the planet and willingly prepare to assist in this activity of Light.

These Solar Archangels are stationed equal distance around the Earth's equator. As One unified force of Transfiguring Divine Love, they project the Light from their Heart Flames into the center of the Earth. They begin conducting a symphony of Love that ensouls and interpenetrates our Beloved Mother Earth and all Life evolving upon her.

The Love from the Archangels expands through the 5th-Dimensional Solar Heart Chakras of every person on the planet. The I AM Presence of every soul becomes a

power point of Light unified in consciousness with the I AM Presence of every other soul. Together we inbreathe, assimilate, expand, and project this forcefield of Transfiguring Divine Love. This Sacred Fire now blazes through all Humanity, the Elemental Kingdom, the Angelic Kingdom, and the entire atmosphere of Earth.

The I AM Presence within every person is the open door for this resplendent Light. At inner levels, every person on the planet is now experiencing this forcefield of Transfiguring Divine Love. Through their I AM Presence, every person is seeing the scintillating colors of Love, smelling the fragrance of Love, and hearing the Cosmic Tones and moving melodies of Love. Through this activity of Light, we are all, truly, Love in action. We are collectively changing the core vibration, the CAUSE, of the primal Light substance, which has gone into the present negative conditions that are surfacing to be healed on Earth.

Through the Love of our Father-Mother God, the Solar Archangels, and our I AM Presence, we are the CAUSE of this magnetic forcefield of Transfiguring Divine Love now anchored on Earth. Together we have set in place the basic, spiritual forces of Transfiguring Divine Love over which Humanity is Ascending out of our long exile in darkness into the 5th-Dimensional Realms of Light.

Unified in consciousness with the Kingdoms of Earth and the Realms of Heaven, we are the open door that no one can shut. We are exploring and rediscovering the Company of Heaven and the Divinity within every person, in which we now find complete support for the fulfillment of our Divine Plans.

This is what our Father-Mother God's magnetic forcefield of Transfiguring Divine Love is attracting to each of us personally and collectively as we live within it. We are being raised into a profound awakening of Supreme Love Consciousness. We are, here and now, the masters of Love we were always destined to be.

We now know ourselves as Beings of Love, accepting responsibility for Loving this sweet Earth and all her Life FREE. We are One with this blessed planet, and the planet is One with us.

The twelve Solar Archangels are now expanding their Light to embrace every Human Being in a Cosmic Forcefield of Transfiguring Divine Love. This forcefield surrounds each of us and is anchored directly within the Divinity of our hearts.

Every person's I AM Presence now affirms with a deep inner knowing:

I AM a planetary forcefield of Transfiguring Divine Love. The Love of God is now thriving on Earth through me. The Heart of Transfiguring Divine Love now enveloping the Earth is transforming the primal Light substance of my four Earthly Bodies, as well as the physical, etheric, mental, and emotional strata of Earth.

I AM changing the inner conditions for the entire planet, and I AM setting this Earth on a

new planetary course of Divine Love. I feel complete unity with ALL Life, and now with every Holy Breath I take, I inbreathe, assimilate, expand, and project the Love of God into every aspect of Humanity's day-to-day functioning.

I feel this forcefield of Divine Love permanently secured within my Heart Flame and the Heart Flames of ALL Humanity.

I accept that this forcefield of Transfiguring Divine Love is manifest now, and forever sustained through God's Holy Grace. It is done, and so it is. Beloved I AM.

I now breathe in deeply and return my attention to the room. I become aware of my physical body by gently moving my fingers and my toes. As I exhale, I open my eyes and begin breathing normally. (pause)

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*Some of you are new to the Angelina Heart Twin Flame Newsletter and are just beginning to awaken to your Twin Flame identity and the power of your Twin Flame Heart Womb. If the longing to join with your Beloved has led you to this information, then you will know you are moving swiftly past the ego's concept of love. On my website, you may access a plethora of information about Twin Flames as well as many tools to help you connect with yours. Explore the articles, interviews, past newsletters, books, music, meditations and discourses.

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