

Moving Toward a Global Human Heart

Cheryl Roth
August 28, 2014



Deep in the heart of every human being is the desire for peace, happiness and a life filled with love. However the path to attain those noble goals has been somewhat illusive. It seems that some people in the world are born into more favorable conditions than others for finding peace and happiness, and I don't mean just material wealth.

Throughout the ages religions of all cultures have been striving to create a path for the soul to achieve peace through reunion with the source of life. Internally people feel separated from the source of love, and experience limitations in their ability to give and receive love. Yet we keep the hope of an ideal in our hearts and strive throughout our lives to achieve greater happiness, inner

peace and more loving relationships. Amazing isn't it?

The Relentless Human Heart

Last week I posted some quotes about overcoming adversity to find the relentless love of heaven, and I also posted the song *Relentless* by Hillsong. Intuitively we can feel that there is a source of relentless love in the Universe because our own hearts reflect that nature. When we experience problems, suffering, and difficult life circumstances we seek help either from people or from an internal, invisible source. There is nowhere else to go.

The interesting thing is that the solution to all problems always comes from both places, or rather, the unity of the physical and spiritual. For example, let's say you're facing a major life crisis like the death of a loved one. Internally you will have to go through many stages of grief, possibly even anger and resentment. You will never be able to move on and find happiness until you can let go of those feelings, but it would be difficult to do that completely on your own. Most people seek the help of friends and family, their pastor, or even get professional counseling. Some people may immerse themselves in work or activities, but either way both the internal state of mind and heart and the external actions of interacting with others play a part in the healing process.

Healing the heart and healing the world

Our hearts are designed to give and receive love both spiritually and physically. Physically the heart is the muscle that circulates blood through your body, allowing our whole body to take in nutrients that create physical health and energy for all we do in life. The spiritual heart is intimately connected to this process, so much so that if we become seriously depressed, anxious, fearful or angry the physical heart may begin to have problems. High levels of cortisol from extreme prolonged stress is a major cause of high cholesterol and blocked arteries.



To be truly healthy then we have to create a lifestyle that addresses both our physical and spiritual or internal needs. In the same way, to create world peace we also have to address both the spiritual and physical at the same time. Praying that terrorists will stop bombing people might be a beginning point, but that alone can not stop the problem. However, if you personally have no other way to contribute to the solution then by all means pray for the leaders and the people who are directly involved in trying to resolve this problem.

There are many ways to physically care for others and contribute to world peace, but every one of those ways begins with a compassionate desire in your own heart. If you can't resolve the irritation and angst in your own heart then your ability to love and serve on a larger level is lessened. This is evident in the problem of domestic violence and the breakdown of families. One way or another emotional problems that begin in the family are carried on and have to be dealt with by the children.

Your own steps toward peace and happiness

The world is full of problems, families are full of problems, every individual has their own unique problems. Some people become completely hopeless when faced with the enormity of their own or the

worlds problems. When we become hopeless the tendency is to just focus on ourselves, but unfortunately that is exactly the state of mind that contributes to greater problems. How then, can we build a world of peace and love?

You and I have no control over what happened in the past, we can't go back and we can't erase it. We can not specifically predict what will happen in the future either. The only thing each of us can do is take specific steps every day to create peace in our own hearts, and develop our ability to love and care for others to whatever degree we can in our own unique way.



Whether you are a rock star or a garbage collector, a political leader or a stay at home parent, every day you and I have the power to increase the love, peace and goodness that exists in the world. What we create today in our own little realm paves the way for a better tomorrow. Large ways or small ways, loudly or quietly makes no difference, it's all equally valuable.

Like the woman in the Bible story who could only give a few cents at the Temple, yet Jesus said her offering was greater than all the others because her heart was willing to give everything she had. This is the way we generate peace and love in the world, giving from the heart with all our heart and continuing to learn and grow in love every day.

Seeing the bigger picture

Sometimes it's hard, very hard, to see beyond the problems. That's why it's important to develop the ability to see the bigger picture. Imagine for a moment that you are a Parental God with a heart of absolutely unconditional love. You have unlimited compassion and extend grace to everyone because your only desire is what's in the best interest of all of your children. You hope that every one of your billions of children on earth can feel your love and know their own true value. But many don't know your heart, and many don't even know you are there.

The saints and sages of history have felt this compassionate heart of God to one degree or another and that is what propelled them to invest in others, to teach others, to love and serve and even sacrifice themselves for others. Seeing the bigger picture and connecting to the heart of God is what gives us power to keep the love flowing in our own lives. When we come to know our own value we can also feel the value of others, and this is powerful motivation to keep striving to fill the world with peace, love and happiness.

Global Oneness Day

For more support on your journey and to connect with others who are striving for peace check out Global Oneness Day. There are many paths, many teachers, and many workers striving to create a global heart of love. It's all good.