

## The Deep Heart Our Portal To Presence English Edition By John J Prendergast Adyashanti

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**An experiential guide for exploring the convergence of psychological healing and spiritual awakening that happens most clearly and powerfully in the depths of the heart “*The Deep Heart* is what I call a living book, that rare gem of a book that is alive with the presence of its author . . . A book like this should be *felt and experienced* as much as it should be read.” —Adyashanti** The great human quest is to discover who we really are—a discovery that changes our lives and the lives of those around us. With *The Deep Heart*, spiritual teacher and psychotherapist Dr. John J. Prendergast invites us on a pilgrimage within, using the heart as a portal to our deepest psychological and spiritual nature. The “deep heart” is Prendergast’s term for our heart center—a subtle center of emotional and energetic sensitivity, relational intimacy, profound inner knowing, and unconditional love. “The heart area is where we feel most deeply touched by kindness, gratitude, and appreciation, yet it is also where we feel most emotionally wounded,” writes Prendergast. “Whether we realize it or not, the heart is what we most carefully guard and most want to open.” Throughout *The Deep Heart*, Prendergast expertly combines the bounded wisdom of psychotherapy with a spacious, embodied path to liberation, bringing attention to both the joys and pitfalls of each approach with the compassion of a friend who’s walked the path for decades. In this experiential guide, Prendergast invites you to tune into your inherent wisdom, love, and wholeness as you journey into the deep heart. Through precise and potent meditative inquiries, insightful stories, and reflections drawn from Prendergast’s intimate work with students and clients, you’ll begin to open your heart, see through your core limiting beliefs, and discover the true nature of your being.

**With the deep heart spiritual teacher and psychotherapist dr john j prendergast invites us on a pilgrimage within using the heart as a portal to our deepest psychological and spiritual nature the deep heart is**

**prendergast s term for our heart center a subtle center of emotional and**

In an excerpt from his new book the deep heart a portal to presence author john j prendergast phd discusses h, deep vein thrombosis dvt occurs when a blood clot thrombus forms in one or more of the deep veins in your body usually in your legs deep vein thrombosis can cause leg pain or swelling but also can occur with no symptoms deep vein thrombosis ca, the deep heart our portal to presence by john j prendergast ph d download the deep heart our portal to presence or read the deep heart our portal to presence online books in pdf epub and mobi format click down.

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retired adjunct professor of psychology at ciis who now offers residential and online retreats he is the au, remembering the gift that you are the ts abilities that you hold the ts of each other the ts of our beloved planet earth gaia terra nova the abundance of generosity charity that your universal cosmic heart possesses as you realize how much you truly do have and how precious you and ea.

**The great human quest is to discover who we really are a discovery that changes our lives and the lives of those around us with the deep heart john prendergast invites you on a pilgrimage within using the heart as a portal to your deepest psychological and spiritual nature the deep heart is john s te**

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The deep heart our portal to presence the heart has long been a focal point in spiritual development but what does it have t, in john 14 23 the passion jesus says loving me empowers you to obey my word and my father will love you so deeply that we will e and make you our dwelling place what an incredible promise when we receive him he es and dwells within our heart s, heartstreaming is the emanation of divine love from and through one s heart center the central of the seven major chakras of the s.

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There are times when things in life doesn t conform the way we want it trusting his heart is the only way we can do onl, a long time student of both jean klein and adyashanti he was asked to share the

dharma by dorothy hunt he is the author of the forthing the deep heart our portal to presence as well as in touch how to tune in to the inner gui, with the deep heart spiritual teacher and psychotherapist dr john j prendergast invites us on a pilgrimage within using the heart as a portal to our deepest psychological and spiritual nature the deep heart is prendergast s term for our heart center a subtle center of emotional and ener.

**The pathway to our awakened heart includes deep recognition of our barriers to love and as we open the courage to express our love this talk includes a reflection a**

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**In this episode michael and john discuss the journey from the head to the heart from separate self to awakened presence john talks about the 3 levels of heart awareness spiritual narcissism and h listen to john j prendergast the deep heart our portal to presence by conversations with m**

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