

Spiritual Teacher Mikaya Heart to be Featured on CUTV News Radio

HAWAII, HAWAII, UNITED STATES, September 15, 2017 /EINPresswire.com/ -- Spiritual teacher Marianne Williamson once said: "Our deepest fear is that we are powerful beyond measure." Indeed, most people are afraid of the responsibility we must take if we admit how powerful we are.

Mikaya Heart is a spiritual teacher and author who has dedicated her life to helping others develop what she describes as a "broader perspective on the nature of reality:" how to learn to operate on a basis of trust instead of fear.

"We are all very powerful beings of light, but we have chosen to forget that," says Mikaya. "We are experimenting with the experience of being in physical form – which means being very limited."

Mikaya says in Western culture, we've been taught to value the power of the rational brain above anything else. The rational brain is very useful, but not infallible. To be "happily human," we must integrate the mind, the emotions, and the body with soul.

"This physical journey is different for each person, but the one thing that is the same for everyone is that we have a body," says Mikaya. "We want to be fully present here in this body, respectful of the needs of the body and playing with the experience of having a limited form."

From a very young age, Mikaya wanted to make this a better world, a place where people help each other and cooperate instead of competing. In her 20s, she became a lesbian activist and feminist, but later realized that you can't fight for peace.

"I wasn't going to create peace by fighting for peace. I had to live in peace," says Mikaya. "I had to live the way that I wanted the world to be."

And so Mikaya began asking herself the big questions: "What is all this for?" "Who put me here on this planet, and why?" It opened the door for her to connect with what she calls the vastness of being – the true nature of reality beyond this physical body. Today, Mikaya holds workshops on the process of spiritual awakening.

"Everyone has the ability to get in touch with their own personal inner wisdom," says Mikaya. "My job is to help people get in touch with that powerful force within themselves, which might be called spirit, or soul. The soul that we are is the part of us that chose this form here and now."



Mikaya says the first step is to be willing. If you want more fulfillment in your life, more peace and a greater understanding of reality, you have to set an intention with your whole being.

"I feel very positive about the future of the planet. I look around me and see people being honest with each other, and wanting the best for each other. It's a new way of being in the world, it's a new paradigm," says Mikaya. "It has been a long journey for me personally to get to a place where I am aware of the vastness of being on a daily basis. It's actually quite humbling to know that we are all equally powerful and magnificent beings. Life on this planet is not easy, but it is glorious, extraordinary, and deeply compelling!"

CUTV News Radio will feature Mikaya Heart in an interview with Jim Masters on September 19th at 4pm EDT.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on Mikaya Heart, visit <http://www.MikayaHeart.org>

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