



HOLDING ONTO LOVE

Becoming, Connecting & Loving

Corina Gheorghiu, LMFT, Christian Life Coach

corina@passionforhealing.com

www.passionforhealing.com

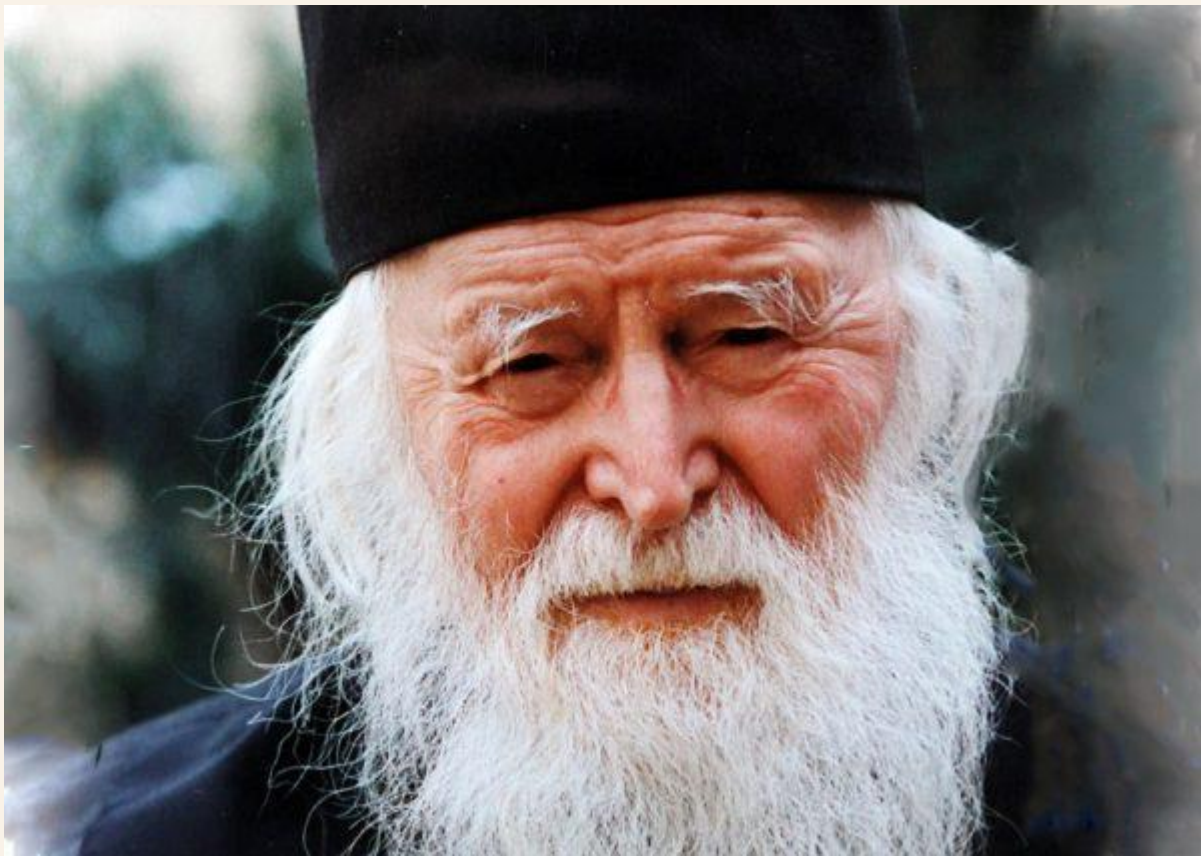
www.thedeepheartmethod.com

HOLDING ONTO THE PROMISE



BEHOLD
I MAKE ALL THINGS
NEW.

(Rev 21:5)



Holy and Venerable Confessor Sofian of Antim
“Wherever you are pray the Jesus prayer.”



“The final goal is for us to make our entire life an inner liturgy.”

- Schemanun Siluana Vlad (d. 2021)

THE RENEWAL PRAYER



Lord, heal me!
Make me anew!
Make me new!
Make me alive!

For I do not want to live like this anymore!
Yes, this is who I am, but You can change me.
Help me!

- Mother Siluana



The Prayers of the Mysteries of the Church offer us everything we need in order to become persons - authentic selves, and to connect with others from the depth of our personhood, the heart- the altar of the Lord.



**Through their prayers, the Mysteries embrace us
and provide everything we need
to protect and define ourselves, to discern and make decisions
so that
we receive, contain and multiply the Holy Spirit in us.**



**Only when we allow ourselves
to be filled by the Holy Spirit,
we become
integrated, whole and joyful authentic human beings,
persons.**

YES, BUT...THREE QUESTIONS

1. What doesn't let us become authentic people, daring to be simple, open, giving and connecting from a place of Love?
2. What makes us use people as objects for satisfying our needs, while leaving us dissatisfied, discouraged and restless individuals?
3. What doesn't allow us to freely, whole-heartedly receive the Mysteries, and fill in with the love we so much crave?



SO MANY OPTIONS, SO MANY CHALLENGES!

“These days, *almost everyone* is experiencing *trauma input from the news or their social media feed*,
in addition to ongoing stress from work, family and relationships.

This *cumulative exposure* can lead to
chronic symptoms of anxiety, fatigue, and depression,
along with *changes in beliefs and attitudes about the world*,
such as *increased cynicism* or a *loss of hope*.”



Source: <https://www.heartmath.org/articles-of-the-heart/todays-stress-is-different/>

LET US START - LEARN, UNLEARN & RELEARN!

Thinking in terms of error and negative judgment
puts the person's mind and body into a tense state
that doesn't help learning.



- Norman Doidge, MD

PERSON – DEFINITION

All human beings in this world are created according to God's image and likeness.

God is a Trinity of persons: Father, Son, and Holy Spirit.

The human being is created in God's image and likeness; the human being is a person.

*But to be a person, to not fall from being a person into being an individual,
you must always be in communion with God and other people.*

Each human being, as a person, realizes his or her potential, grows, and

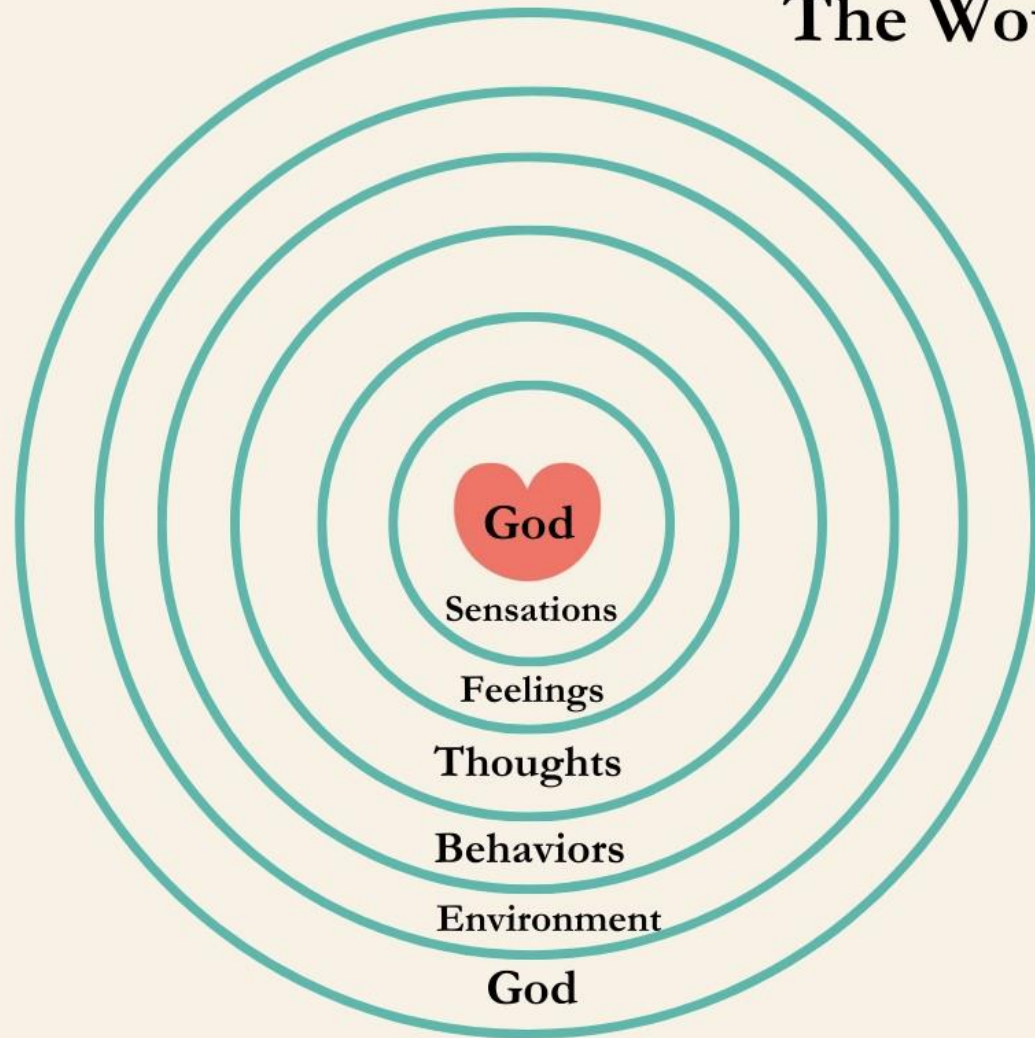


is perfected by remaining permanently in communion with God.

- Met. Serafim Joanta

Conference: “Father Dumitru Stăniloae the Theologian,” Oașa Monastery, July 23, 2024

The Wound



BECOMING A PERSON

Jesus told his disciples,

“If anyone would come after me,

Let him deny himself

and

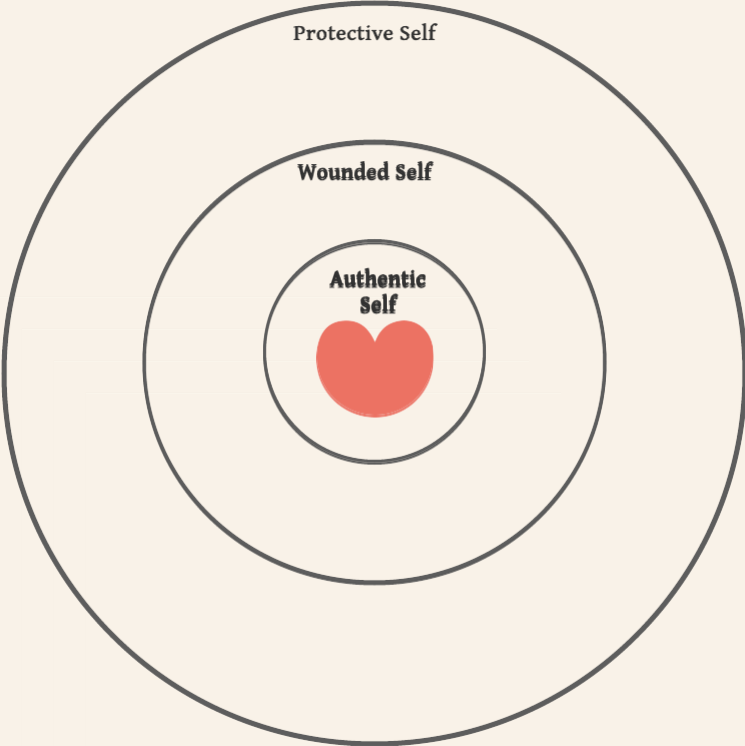
Take up his cross

and

Follow me.”

(Mathew 16:24-25)





HOW TO BECOME A PERSON



Jesus told his disciples,

If anyone would come after me,

Let him deny himself = *RENOUNCE* the Protective self (sins, passions)

and

Take up his cross = *EMBRACE* the Wounded self

and

Follow me. = *RECEIVE* His healing in your wounds

BECOME the Authentic self/Person/God-like

A NEVER-ENDING DECISION

If anyone would come after me:

DECIDE TO CHANGE, BASED ON YOUR FREE WILL

Let him deny himself:

DECIDE TO LEAVE THE SURVIVAL DEFENSES

Take up his cross:

DECIDE TO EMBRACE YOUR WOUNDS

Follow me:

DECIDE TO OFFER YOUR LIFE/ EXPAND THE AUTHENTIC SELF

DECIDE TO CO-CREATE WITH GOD AND BECOME A PERSON





Discern



God

Renounce

Receive

Let go

Support

Contain

Multiply



BECOMING A PERSON-PRAYER

THE INNER LITURGY

THE JESUS PRAYER

THE REPENTANCE PRAYER



BECOMING A PERSON-PRAYER

THE INNER LITURGY*



The process of ongoing inner reorganization and integration.

Discover and bring all split parts that
you become aware of in the present moment, the ‘here & now’,
to the Lord and
He will make it all new...

We find God in our inner hell, and we ask Him to come and resurrect us.

Prevents accumulation of personal trauma and its perpetuation to the next generation.

*Mother Siluana

BECOMING A PERSON- THE JESUS PRAYER



In modern life—in life’s rush,
when we do not have time
for long prayers in our room, in front of icons and lit candles,
we can say this prayer anywhere and at any time.

Both at school and at the store, at the factory and studio,
we can say the prayer in the hidden depths of our heart...

And we must keep one more thing in mind: when we say the prayer,
we must be attentive so that

each word of the prayer falls on the place of the spiritual heart

that is two fingers above the place of the physical heart, above the physiological heart.

- St. Sofian

COME, RECEIVE THE LIGHT

THE JESUS PRAYER

The ultimate aim of this prayer is for the mind to descend into the heart, to unify these two centers of our human nature (the mind and heart), and actualize a perfect harmony between them...

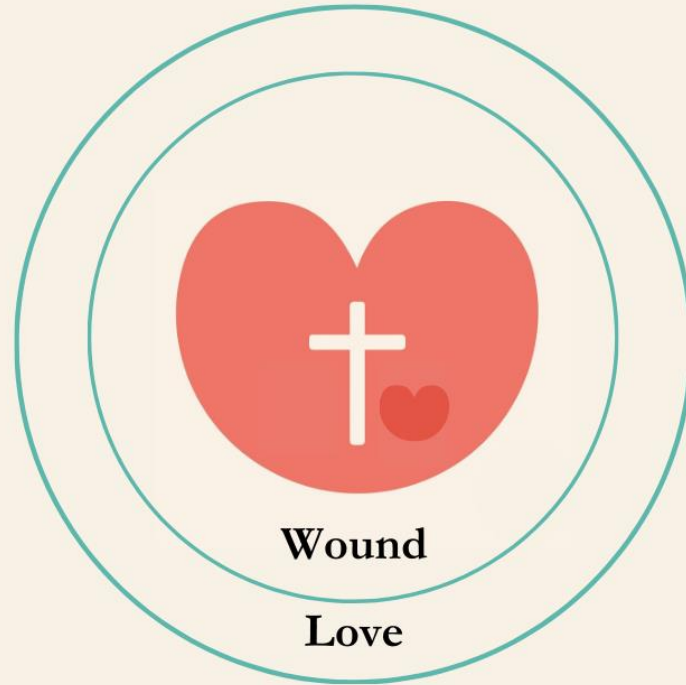
When we unite these two centers,
a person becomes a spiritual unity and then is whole,
as God made him in the beginning: a whole human being.

We actualize this holy ideal of our life on earth through the prayer of the heart.

- St. Sofian



PERSON & BOUNDARIES - LOVE





A WARNING!

Never confuse
the person formed in the image of God,
with the evil that is in him
because
the evil is but a chance misfortune, an illness, a devilish reverie.

But the very essence of the person
is the image of God;
this remains in him despite every disfigurement.

- St. John of Kronstadt

ADDITIONAL RESOURCES

The Deep Heart Space Online Membership:

<https://www.thedeepheartmethod.com/deep-heart-space-membership>

Healing Through Forgiveness Online Course:

<https://www.thedeepheartmethod.com/>



St. George Press:

<https://stgeorgepress.com>

Sayings of the Romanian Elders Blog:

<https://romelders.substack.com/>

FEEDBACK & SUGGESTIONS

Please do not hesitate to make known your struggles, needs, joys, and suggestions to me:

corina@passionforhealing.com



I desire for God's love to do its work.

- St. Porphyrios



DISCLAIMER

The information provided in this presentation, or any other related medium is not a substitute for any psychological, medical, or spiritual advice. Corina Gheorghiu assumes no liability for the application of the information presented.

If you have any kind of medical or psychological condition, please consult your medical and psychological providers, as well as your priest or pastor.

This presentation is a compilation of resources that may complement any coaching or psychological treatment, as an integration of methods that lead to holistic well-being of mind-body and healing of the soul from the ancient Eastern Christian perspective.



CONFIDENTIALITY NOTICE

The content of this presentation is the proprietary and confidential information of Corina Gheorghiu, LMFT.

It is not intended to be distributed to any third party without the written consent of the author.