

Heart

As an inter-connected, integrated whole we are more than simply one organ, gland or system.

We are holistic, energetic, athletic...

We are not only our hands or feet, our genitals, our face or even our body.

What we see is only a very small part of who we are and it extends not simply to the mental and emotional body, but moreover to the metaphysical and spiritual body, too. The unseen, unconscious, unmanifested and unimaginable exists even though it may seem invisible to the human eye.

Your awe-inspiring nature is nothing short of astonishing brilliance and it is exquisitely beautiful.

Ancient. Primordial. Sacred. Illuminating. Divine.

When we cultivate beauty from within then what flows outward is truly heavenly.

When we seek to divorce, separate, isolate and compartmentalise and it persists for more than a few hours, days or weeks we suffer, immensely.

As social, sentient and spiritual beings we revel and thrive in the safe and nurturing spaces of healthy, functional, supportive, respectful, loving, like-minded communities where affinity and kinship abounds.

We are a unified being consisting of inter-relating, inter-dependent, interwoven and intricate systems perfectly calibrated and uniquely positioned to support our time here.

Though thinking considers itself supreme, it is subservient to the higher intelligence and deeper wisdom found in the *kingdom of the heart*.

We may walk this world thinking all kinds of things but without love our time here can seem as vacuous as it is desolate.

Yet, love is not simply found in romantic or plutonic ways, there is a deeper love that comes from the energy of heart that feels love as the quintessential vibration of life and for itself.

Finding and connecting to that kind of love is where human love that can feel limited, fickle and vacillating is transcended to reach a deeper and higher place of true love, a love that is divine.

If we were all truly enlightened, that is, fully awakened, conscious and realised beings we would naturally, easily and ceaselessly feel and therefore operate from that space and both our lives and this world would reflect it in abundance.

Peace would just be, kindness would be given and love would be a moment-to-moment untrammelled experience.

Our best expression from the heart is **love**... Our highest nature from the heart is **love**.

Love encapsulates care and creativity, kindness and kinship, joy and beauty, peace and tranquillity, respect and patience.

Open and strong, our heart is a beautifully wise and wonderfully strong organ whose intelligence transcends the mind and responds to vibrations and frequency.

It beats continuously from the moment of conception to the moment of our passing, never stopping.

What a masterpiece of life.

It repairs and regrows tissue, it replenishes and restores, and its chambers share a wisdom built on the timeless.

Respect seems trite or trivial in the presence of such extraordinary genius.

To breathe through the heart is an exquisite practice that sees us place our attention within as we breathe through it, bringing out awareness to it and that awareness is the energy that truly heals.

When we suppress the love vibration we tend to come from fear and out of fear to take, grab, need, have, seek, force, exclude, deny, lie or otherwise and we tend to suffer.

When we live in a conscious, aware world we nurture and enhance love, preserve and protect it, respect and revere it for we understand it is powerful and precious, and we can become lost to it through conduct unbecoming, underwhelming and uninspiring.

You can tell immediately if someone is pure of heart – there is a kindness, softness, sweetness, trueness, loveliness, soulfulness, liveliness, groundedness, gentleness, tenderness.

To lose that innocence is to be lost.

To obscure that beauty is to be barren.

To deny that divinity is to be impoverished irrespective of the size of your bank account, your social circle, your role or standing, your place or position in life.

To sleep well at night, to have peace of mind, to commune with your spirit – that is what you long for, yearn after and wish to realise as a way of being.

The Chinese say: when the spirit is restless it cannot come to rest in the heart so sleep is not possible.

Cultivating shen or spirit is a process forgotten for it is based on integrity of word, solidity of action and alignment with values that generate 'right' action not harm or detriment.

When the physical becomes the focus to the denial of the metaphysical then problems usually ensue.

Good mental health, strong emotional wellbeing and real awakening to spirit arises from living such an empowered and enriching, real and rewarding life.

To awaken and align your heart and its wishes, consider these questions:

What soothes you?

What makes you smile?

What uplifts you?

What inspires you?

What raises your energy, rallies your spirit?

What captivates you in awe of its beauty and blessedness?

What miracles have you noticed today?

What fills your mind with colours?

What does it feel like to feel your heart with your attention?

What does it feel like to hug from the heart?

What does it feel like to gaze into your own eyes softly and regularly?

What does it feel like to express thankfulness for something that moves and nourishes you?

What does it mean to truly notice another?

What does it mean to really feel into each movement of your body as you move?

What impels you to sing?

What opens your heart and feels heavenly to you?

What frequencies and friendly faces most feel like home?

What music calms and caresses you with its soulfulness, symphony or sublime sounds?

How often do you rest between words, between thoughts, between moving, between actions, between tasks?

How often do you sit with your heart and just be?

Do you make time for the cultural and the whimsical, the artistic and the beautiful?

What do you find meaningful, worthwhile, fulfilling and nourishing?

Whose energy in your life makes you glad to be here and to be alive?

When you consider life and living what makes you genuinely appreciate something?

What do you like to create – a particular food or meal, anything?

When and where and with whom are you most yourself absent of ego?

Can you be real and authentic and share what is on your heart?

Do you let yourself cry and permit tears to fall as they may without judgment just love?

Are you truly there for you in supporting yourself with kind thoughts and behaviours?

Can you see things each day, many things that feel good and remind your life's perfection?

Can you marvel at the wonderment and miracles of life?

Can you just be, and be content with that?

Do you realise the restlessness of mind and torment it inflicts and can you be the space for it?

Can you find stillness in silence and serenity in tranquillity?

Does your mind rest as you do, or is it so active it runs you and not you, it?

How empowered and encouraged, enrich and enlivened to you feel daily?