

THE HEART NEVER LIES

*How trusting the impulses of the heart unlocks
the door to inner knowing*

Many years ago, Carl Jung said, *"Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens."*

The heart is the seat of first intelligence in a newly forming physical body. As such it pumps life-giving nutrients to all other cells. In a very real way, it informs the life of an emerging human being. The HeartMath Institute teaches it this way:

Heart intelligence underlies cellular organization and guides and evolves organisms toward increased order, awareness and coherence of their bodies' systems.

That initial heart intelligence never leaves us; it remains constant within us throughout our entire lifetime. Heart intelligence helps us

- *assess our emotions,*
- *tap into our inner genius,*
- *receive intuitive wisdom in the moment, and*
- *solve problems or find greater clarity from a higher order of thinking.*

The heart's intelligence flows fearlessly, continuously, and openly. It needs no explanation or justification. It only needs your willingness to be open to receiving and understanding it.

While the head represents the intelligence of logic, the heart represents the wisdom or “software” of the soul, which is our life essence and the deepest part of us that holds our purpose for being here.

The head prefers a proven formula to success in life. The heart, on the other hand, holds knowledge about us that is far beyond intellectually verifiable data.

To follow the head in life we need to collect information that is usually found outside of ourselves.

To follow the heart, we have to be willing to leave the safety of mere information and embrace the unverifiable, compelling inner knowing of what is right for us.

We are talking here about intuitive wisdom. Intuition is recognized by more people every day as an enormously important facet of our whole life energy system. In coaching and mentoring, I often ask my clients, **“What does your heart tell you about this?”** If they cannot answer the question, I know they’re not yet tuned into that most powerful level of self-knowledge.

What we’re learning about intuition is that it can inform and guide our life in brilliant ways that are almost beyond description. But we have to learn how to tap into this powerhouse of inspiration within us which is centered in the heart yet in constant communication with our mind and soul.

“Heart intelligence.... can be activated through self-initiated practice, and the more we pay attention when we sense the heart is speaking to us or guiding us, the greater our ability to access this intelligence and guidance more frequently”

~ The HeartMath Institute



DO THIS:

Name a specific area of your life where you feel stuck or where you are seeking a new level of clarity for better decision making. Then,

- 🌸 Sit quietly for a few minutes without any distractions.
- 🌸 Close your eyes to help move your attention away from outer things and into your heart.
- 🌸 Put your hand over your heart and begin softly saying, **“My heart knows what is best for me in this situation.”** Repeat this slowly several times like a chant.
- 🌸 Keeping your hand over your heart, listen to any thoughts that arise in your mind without dismissing anything you may hear.
- 🌸 When you’re ready, open your eyes and make note of the messages or impressions that seem most relevant.

Repeat the chant in your mind throughout the day and pay close attention to any further inner nudges or ideas you receive pertaining to this area of your life.

Following your heart makes perfect sense when you realize that it *always* directs you to your highest good. Its guidance is positive and generous; it is clear and specific, and nothing that you need to know is ever withheld from you.

Your wise, intuitive heart can never lie to you or lead you astray in any way. It serves your happiness, your health, your joy, your fortune, and your entire wellbeing. It helps you know and live your purpose. It guides you to be your most authentic self in this world.

You can establish a solid connection to your heart wisdom by forming a circle of trust within yourself. Simply commit to memory the following statement and make it your life-long mantra:

***“I trust my heart to know what is best;
I trust my heart to lead me in all ways.”***