



Heartful Living

Heart Guidance - What It Is And How To Use It.

The Heart Guidance Process has four steps.
It gives us the opportunity to live in a state of inspired guidance
from the wisdom of our hearts.

This resources accompanies a worksheet, and gives further
information to help you get the most from the process.

We can use it for everything from the momentous life decisions such as moving house, changing jobs, or commitment to relationships for example - to the smaller aspects of everyday life such as - 'Should I do this work now, or go to my Yoga class?'

When we use this process often through the day we find our lives unfold with greater ease and flow. We are more connected to our authentic selves - to who we really are and what we truly have to offer in life. We are more connected to our personal power, joy and inner wellspring of happiness.

Your heart is a wise guide, powerful healer and most loving of friends. Your heart knows you more intimately and honestly than anyone else. It will always tell you the truth about what serves you best.



Your heart can see the big picture
of who you are when you are
living your full potential,
and has a birds eye
view of the most
graceful way
to get you
there.

Sometimes your heart might guide you to something that your mind will not understand logically, but if you trust the wisdom of your heart you will witness what can feel like a magical path being laid out before you.

You may be guided to step out of your comfort zone...because your heart knows the truth of who you really are and wants you to live that to the full. Your mind likes you to play small in order to stay safe, but your heart sees beyond that and will encourage you to break free of the small restricting shell.

If you are guided to move beyond your comfort zone and do something which challenges you - your heart will support you with the courage and wherewithal to meet the challenge. You will find that in connecting to your heart regularly and soaking up its guidance, you will feel more inspired, determined, passionate and empowered. The unlimited loving strength of your heart will increasingly flow through you, lift you up and carry you along

Your heart knows and understands all of your history - however it will guide you in the here and now. So in the four step process the key is to focus on now. How do you feel now? What is real now? What is your heart saying now? Your mind might want to refer back to your historical story or jump forward to fears of what might happen in the future. Your mind might say 'I have always felt this way, just like my parents', or 'It is too risky to make those changes'. If this happens, lovingly thank your mind, and stay with what is real now, otherwise the mind will keep you stuck in the same old story and spinning your wheels with fear of the future.

In Step One we start with the foundation of this practice - focusing on our heart. We can help ourselves do this by putting our hand on our heart to bring our attention to the area and smiling towards our heart like we would to a loving friend. Then we deepen our connection by intentionally breathing as if in and out of our heart. This alone has been shown by the Institute of HeartMath to create profound beneficial effects in our body and emotions. In breathing in and out of our hearts we bring ourselves into a state of internal coherence or harmony...which means we are much more receptive to the wisdom of our hearts

Your heart is always ready and available to give you its love, support and wise guidance. This process will help you develop a relationship with your heart so you can easily receive that support. You can boost this by welcoming your heart – like you would a friend...say ‘Hello’ and smile to your heart. Thank it for the help it is willing to give you.

This can generate such a beautiful feeling of warm, embracing support that you might want to bask in the tangible presence of your heart's power and love for a while before moving to the next steps. However if you don't feel much of your heart's energy at this stage, be gentle with yourself and allow time for the relationship to build.

In Step Two we ask our heart ‘What is real for me now?’ This is a key question to the whole process. Our willingness to be real is very important here. Our heart is always authentic, tells the truth and is real. We must be willing to hear that authentic truth. For example - if our relationship really is at an end - but we cling to the idea that it will all be ok if we smile and pretend to be happy - we will actually hold ourselves back from discovering the genuine happiness of being in a different relationship that brings us true fulfilment.

When we have practiced this process a few times we can go deeper in our questions to our heart. Asking things like...

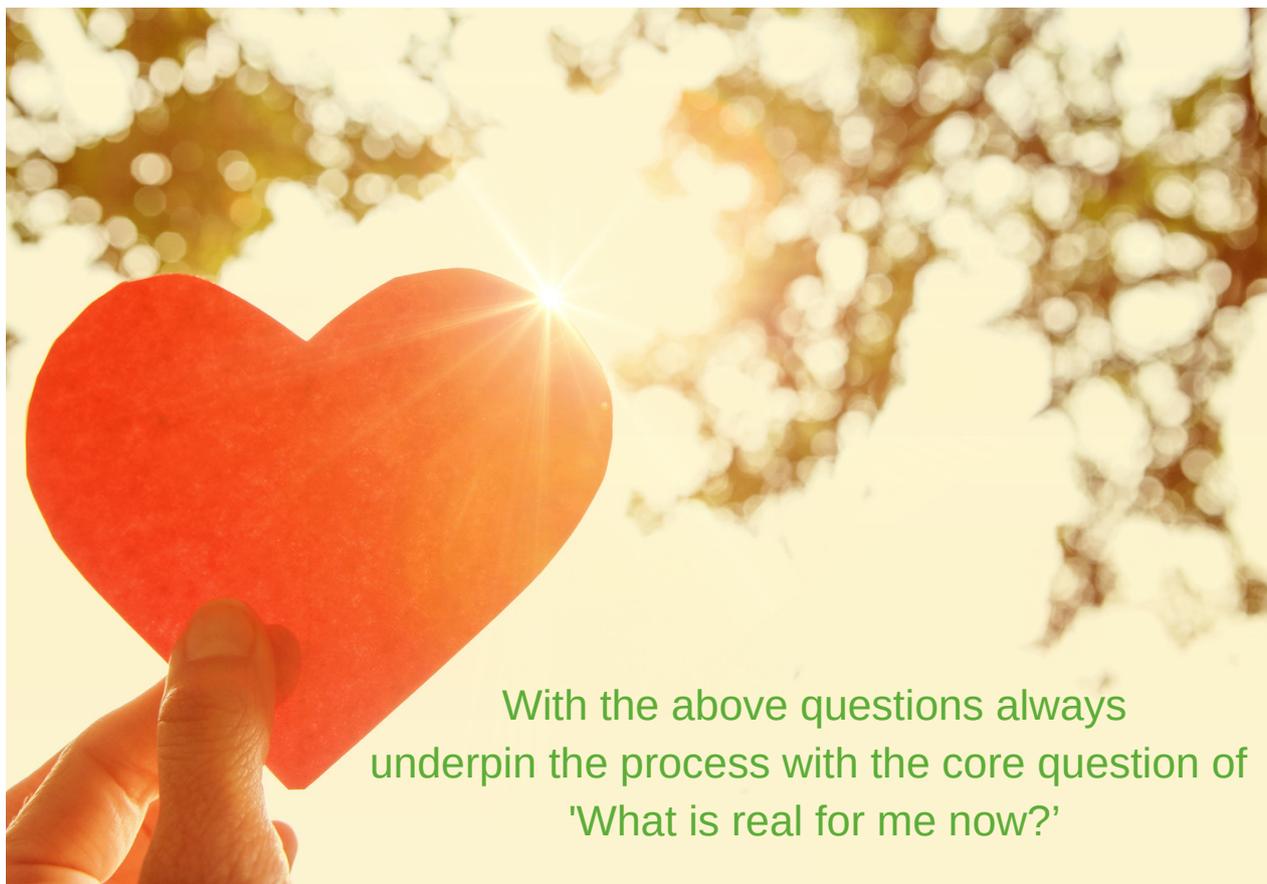
‘What would I love to do but feel is not possible?’

‘What am I ignoring that is calling to me for attention?’

‘What small thing might I have been disregarding that would make a big difference to this moment and my life generally?’

‘Is this physical symptom showing up because I have been ignoring my hearts call?’

‘Is this life circumstance or situation asking me to turn my attention inward and listen to the guidance of my heart?’



With the above questions always underpin the process with the core question of 'What is real for me now?'

In Step Three we ask 'Given what is real for me - what does my heart say it wants and needs now?' The answer to this question can sometimes surprise us - especially if we are typically more guided by our mind. So initially we need to employ openness, willingness and trust and go with the feeling of 'rightness' that often accompanies the messages of our heart. After a while it becomes easier to relax into trusting these messages – as we experience how wonderful life becomes when we follow our hearts.

In Step Four we receive heart directed guidance about what our next step is in relation to the issue we are focusing on. This guidance can be anything... ranging from pragmatic and practical to spiritual inner work. For example if your issue regards your finances, you might be guided to do anything from reorganise your banking system - to meditate on abundance.

Step four brings us to the end of one round of the Heart Guidance process, and often we need to cycle back to the start and ask ourselves - 'what is real for me now, and how do I feel about the guidance I have received'.

If we follow the finances example we might be guided to set up an investment. In asking ourselves what is real for us about that, we might notice we feel challenged in some way by the practicalities. Without following our heart guidance we might stumble at this step and give up, but if we follow the process we might find we are guided to seek advice from a particular person or organisation which makes it easy for us.

Also in this step - we ask the following question for the larger life changing issues. 'What is the next step that I can take - to bring the feeling of fulfilment regarding the above into my life now?'

This is a specially worded question - we are not asking - what is the next step I can take to make...(my desire)...happen immediately. In some cases this might be possible – but often we need to evolve towards a big change and let it unfold over time.

What we are actually asking has two aspects. Firstly we are asking what is the step I can take now - to lead me towards my desire - whilst giving me the sense of fulfilment that it is emerging in my life.

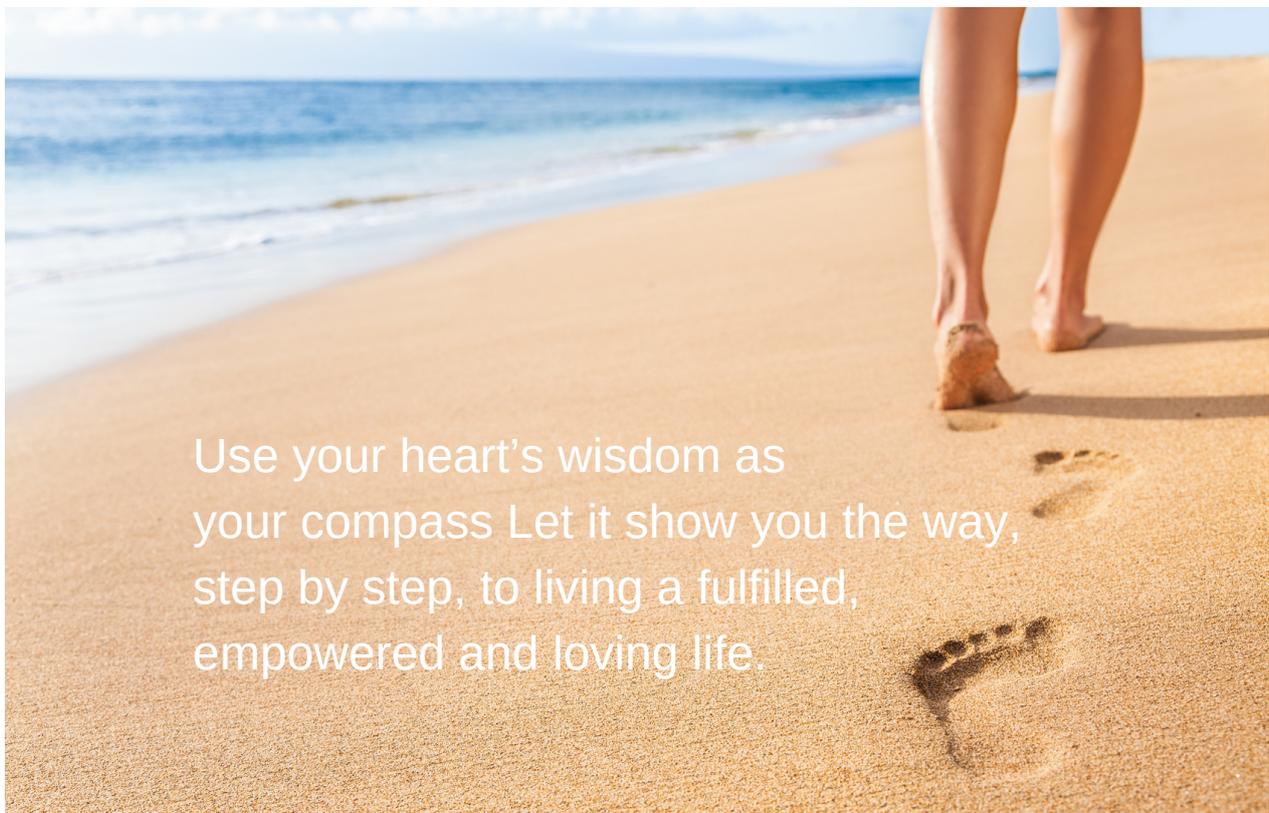
Secondly we might have a desire to do something that is not physically possible, but we can do something else which will give us the same sense of fulfilment. For example we might have a burning desire to fly like a bird - to feel the wind carrying us and giving us a sense of unlimited freedom. While it isn't possible to be a bird, we might find that other things such as taking light aircraft pilot lessons or windsurfing give us a similar sense of satisfaction.

I'll conclude this resource with a comment about desire. In some philosophies 'desire' is seen as either an impediment to spiritual growth or demonstration of lack. That may be relevant if desire is seen as function of the mind - the mind wants the object of its desire, and it wants it now - which can lock us into a tight and controlled relationship with life.

However if we regard desire as part of the language of the heart - we can see it as a signal which opens up our awareness, and not a demand which shuts it down.

Our heart does indeed speak to us through what we long for. It uses desire as an energetic message which floods us when we are present to what really brings us alive.

Our heart shows us what lights up our life - through the faster heartbeat states of excitement and passion. It talks to us through the inner yearning and expansion we feel when we encounter something that inspires us. When our heart speaks to us through the language of desire...it is a delicious experience to be cherished for its own sake.



Important note: The guidance that you receive from your heart is grounded in love and would never guide you to anything damaging or harmful to yourself or others. If you feel that the guidance you are receiving could lead to something damaging or harmful to yourself or others - the information you are getting is not from your heart.

If this happens...pause...drop back into your heart, spend more time connecting deeply there until you receive guidance which you know to be fuelled by wisdom and love.