

# The Heart – Seat of the Soul

The **Heart** is the **first** organ to appear when We come into physical form. It is the first organ which develops in your fetus. It is often called "**the seat of the soul**" because the Heart is the first interface between Our Non-Physical Soul and ...Our Physical Body. Its electromagnetic field is unparalleled.

If you are able to get in touch with your Heart, you will be able to get in touch with **Your Higher Selves** (the eternal, benevolent essence that you truly are) which is the True Goal of Spirituality. **Spiritual Life** is not about knowing much, it is **about "Loving" much**. It is about getting in touch with your Truest Self. It is about opening Your Heart so wide, that "enemy" is not a concept which exists in your Reality. ***And more than that, it is about opening the Heart and Living from the Heart to such a degree that eventually there is also no such concept in Our Life as "Other".***

**Thoughts are contained in the body field, which is an energetic field that unites All of Us. Thoughts are communicated to the Body though the Heart first.** The Heart then sends those signals to the brain, which acts as an interface to that which is non-physical and that which is physical. But, the Heart is the very first feed from Non-Physical into Physical Reality.

**Getting closer to the Heart is Your way to get closer to that which is eternal about You: Non-Physical Energy, or Source Energy (Infinite Intelligence).**

In order to move from the **Mind (Consciousness)** into the **Heart Space (Subconsciousness)**, it is benefit to treat the Heart as if it is its "**Own Entity**." We can let it speak its "Own Truth;" We can let it express its "**Own Wisdom**." And, We can have it help Us make decisions in our day to day Life, as if it is a mini-ally.

Your brain tells You that You are separate from everything else. The Heart does not buy into that illusion. **Treat the Heart as a Friend.** When You have to make decisions in Your Life, You can run those decisions by Your Heart. ***Your heart will always tell You what the right answer and the right direction is.***

**In order move from the Mind into the space of the Heart, You need to make a place in Your Lives for quiet so that you can hear the "Voice of the Heart".** **Meditation** is the best way to quiet the Mind (Thinking The "Certain Way"). When you get the Mind out of the way, "the Heart can have dominion."

***Live from "Intuition," not logic. Intuition is the perspective of the Higher Self. It is the most objective perspective that there is. It is always in alignment with Your Highest Good.***

In order to Live from the Heart Space, let Your Personal Cup Overflow with **Love, Joy, Kindness,** and **Compassion**. In addition, **Live in the Present Moment and Cultivate Detachment.** **Gratitude** is also important. And, be **Honest** with Yourself and Others.

**Living from the Heart is Living Your True Essence.**

**It is Your Truest and Most Natural State.**

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