

THE HEART

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DEMYSTIFYING LIFE

Your Heart and its Vision

BY JOHANNA KERN

CLOSE YOUR EYES, TIGHT. Take a deep breath and hold onto the moment of stillness and silence. Now imagine your world according to your heart — not according to the noise of your mind, the conditioning of your past, your fear of life or what drives your ego.

Imagine your world the way you feel it, deep inside your heart — that is, the part of you where you hold your own, beautiful truth, free of any conditioning and fears.

The core of your essence, your “pure inner person” is your true, powerful heart.

Our heart, as explained in this way, holds all the truths that are important for us and our evolution. As such, it knows well what we need to experience in life, what will most benefit our progress — when and where we need to go.

The world according to our heart is the reality we truly want and need to create for ourselves — if we want to remain happy, reach fulfillment and continue to progress as the consciousness that we are.

If you carefully look at your life, past and present, you might depict exactly the times when you have been living according to your heart, and when you have forsaken your own truth. When you live your life according to the vision of your heart — you feel happy. There is no mistake about that. We all know inside what real happiness means. It can't be faked. Our inner “Barometer of Truth” is always present and alert. It tells us when we live according to our heart, and when we divert from our own truth.

What happens if we don't follow the truth of our heart?

It's not only that we will feel a lack of happiness and purpose in our life. It's not only that our reality feels more like a burden than a playground for our joy. It's a life of struggle, whether inner struggle and stress, or problems piling up on our path. When we live against what's in our heart, we experience a life of short-lived success. It could be that we are failing in private life, in our relationships, family, or at work, where we cannot achieve lasting success, we keep losing our jobs, or capital. We feel emptiness and fear as a drive to achieve more materially, instead of reaching for our dream job, doing what we truly love, thriving emotionally and physically.

Our heart and our life are communicating vessels.

Our life reflects the state of our heart: happy heart equals happy life. Happy life equals happy heart. It's simple math. And we know it. We also know where to start: The liberation of our heart begins in our mind.

Free your mind of past conditioning, and trust your heart. Each day, open your mind's window — wide, and throw out all the opinions and worries that weigh you down. Once you commit yourself to the happiness of your heart, you'll know what to do. You'll find your own way.

Your heart knows well what's best for you. Let's not be afraid of life, it is just life — a natural process, which may be harmonious and joyous, if we only allow it.

There is a simple solution for happiness in life: replace your mind's desires with your heart-driven ones. Make a commitment to yourself and let your word be the most important asset you have. Once you can trust your own word, you train yourself to be reliable. Then you will be able to create what you want in the world.

Don't be afraid of your heart. Its vision is bigger than your vision of the world and your vision of yourself.

Trust your heart, and you will find out what you're capable of, discover your purpose and understand what you truly want, and need, to bring to the world.

The unique, true vision of your heart is needed and welcome to shine in the world, to make it a better place for you, and for all of us. 🐦

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