

1: If I Listen With My Heart | Sally DeFord Music

Something as simple as a doctor listening to your heart can help determine whether you're feeling like a shadow of yourself because of a heart valve problem such as aortic stenosis.

Closing words What does it mean to listen to your heart? In the old days, the heart was thought to be the seat of emotions, where noble and gentle traits such as kindness and compassion were stemming from. Ancient philosophers and scientists such as Aristotle and the Roman physician Galen considered the heart as the seat of thought, emotion, passion and reason. It also means that you should try to become aware of your feelings and trust them as inner guidance that ushers you through life, rather than trying to suppress this stream of inner wisdom. When I was younger, I misunderstood the concept of listening to the heart as becoming overly emotional or sensitive, hence suppressing any logic and reason, allowing panic and animalistic behavior to take over. It has nothing to do with panicking, becoming unreasonable or irrational and the like. But not every rational and calculated decision fits your needs. And not every decision that is based on logic has taken the importance of your personal wellbeing and happiness into account. Au contraire, logic and reason can fool you into believing that a given decision is the best for you, leaving your heart outvoted behind. Just imagine the severe consequences for a person that changes jobs in order to increase his salary rational and logic thinking , when his heart clearly knows that it will require him to leave his beloved family, go abroad and work overtime daily. Why is it so important to listen to your intuition? But, the mind is also caught up within the boundaries of this physical life and the drama and fear that come with it. It can be hopelessly out of touch with your true essence, the source of wisdom emanating from within and the knowledge of who you truly are. Your true heart is not subject to chaos or limited by pain, fear and neuroses, but is joyful, creative and loving. Some believe the heart can be too uncertain and even misguided, but that is the head talking! It is actually a source of great richness, and this wealth is one that cannot be squandered or lost. It is the core, the essence of your being, a reservoir of joy, powerful love and infinite compassion that lies within you. Ed and Deb Shapiro, in Listen Up! And this is exactly the reason why it is so tempting to listen to the rational mind, as we are attuned to meeting rational and reasonable decisions. Taking a seemingly illogical decision is frowned upon, even though it could turn out to be the best for you. On the contrary, when listening to the wisdom emanating from deep within, you will begin to experience unexpected but supportive synchronicities, things will show up when needed and lessons will be taught once you are ready to perceive their contents, always accompanied by the knowing that your heart will always take care of you. Messages from the heart do not come down the path of the red carpet, accompanied by trumpets, trombones, and fireworks. In many cases, the language your heart chooses to speak makes itself felt as a subtle hunch, gut feeling or a sudden thought concerning a given event, a person or your life. But there are a lot more ways your intuition can communicate to you, for instance through bodily sensations, for example when your stomach ties up in a knot. You simply know it from deep within in a state of peace and tranquility. There is no need to ponder the pros and cons. And “surprisingly” the implementation and realization of such a decision will often turn out to be amazingly effortless, like floating with the stream of a river. There are no repercussions if you do not follow your inner voice. On the other hand, the ego also rational thinking might do exactly this; it may place a burden on your shoulders, accompanied by the fear of failure and pressure. How to listen to your heart? Now that we cleared up the basics on the concept of listening to the heart, we can now focus on the many possible ways to allow your intuition to guide you through life. It distorts, hijacks and “most important of all” it judges the messages emanating from the heart, as it has a strong bias against these advice, labeling them as irrational and illogical. In order to tune into the frequency of our hearts, we have to give the rational mind its well-deserved break, especially in the initial phases of learning how to listen to the intuition. Follow where the heart leads There are many ways to calm down the mind, thereby allowing you to decrease the influence of its rational and critical thinking. One approach would be to occupy the mind, by chanting or thinking a mantra, over and over. Mantras furthermore aid you in focusing your thoughts and serve “in many cases” the purpose of accessing the knowledge within. You are not required to have any special skills to apply mantras. Just place

yourself in a comfortable chair or sit in the lotus position on the ground, inhale and exhale deeply and try to relax your body as much as possible. Just enjoy the state of inner calmness and peace, once you calmed your mind down. Excellent mantras to occupy the mind: In general, anything that aids you in becoming relaxed and calm so that you can contemplate or let your thoughts wander is just fine! For some, taking a long walk in the park or a bike tour through nature is such an activity, others prefer listening to calming music. Just when you were surrounded by silence and calmness, your mind engulfed in stillness, without expecting anything, intuition will make its voice heard. It could be a sudden thought that pierces your mind or a gut feeling evolving from within. Another excellent way to calm down the mind that can be used in combination with a mantra is meditation, which brings us the next point. There are as many different meditation techniques as there are a dime a dozen. A simplistic meditation in the lotus position, or on a comfortable chair, for minutes a day is sufficient. How to practice meditation to develop intuition? But in order to access this stream, it is important not to force anything, while in the meditative state, which leads us to the next point. Instead, allow things to unfold in a natural flow – just like you would allow a flower to unfold without making the doomed to fail attempt of ripping it open. There is really no need to force anything to happen. Forcing things is counter-productive, as it is more likely to cause mental barriers than it will encourage your heart to speak up. You should also not expect your intuition to suddenly speak up in a crystal clear voice, beginning to guide you through life from one day to the other. Expect nothing, but be open to anything. It will communicate in a subtle and calm way, sometimes in the form of an unexpected thought or idea. Also, messages from the heart can be profound realizations that come with a feeling of peace and calmness associated with it. Doing so, will allow you to discover a pattern that all messages from within have in common, the unique way YOUR heart makes itself felt to YOU. Further recommendation to notice the messages from the heart: The log can include anything, from a sudden hunch about an upcoming event up to guesses about a certain situation. Make sure to also log the physical sensations associated with these strokes of intuition, for instance if you feel discomfort or pleasure, anxiety or joy, etc. Keeping a log will allow you to strengthen your trust in the intuition. When I commenced to tap into the wisdom emanating from within, I began – slowly but surely – to follow the guidance of my heart, without even realizing it. Overall, nothing special, but in the end it always turned out to be a great improvement for me when I followed my gut feeling. But what is so important about all these changes is that they came without a struggle, without a fight and without me having to force myself. Your intuition can be the gut feeling that warns you about a seemingly friendly person that turns out to be dangerous, the hunch about an upcoming event or even the precise knowledge of what time it is, before looking at the clock. But who am I to tell you about the strength of intuition? Go find it out for yourself! I encourage you to challenge your intuition in order to discover its underlying strength for yourself. Challenging the intuition is so simple and does not even require you to turn your life upside down: Afterwards you can meet the decision the way you are used to, by using logic, reason and the intellect. A month later or so, see where logic and reason has led you and compare the result with the direction your heart would have led you. You need to find out for yourself what result would have been the best for you. There is a lot of trial and error involved with this, which gives you the chance to figure out what happens when you follow your intuition and what the result is when you ignore its guidance and choose the path that logic suggests instead. Experiment with this and discover what astonishing outcome can be accomplished when meeting a decision that makes use of both, the guidance of your heart and the intellect, which brings us to the next important point. I know this sounds like a contradiction in itself oxymoron, but please allow me to explain. The advices named in the above 1, etc. But the more experienced you become, the easier it will be for you to understand the way your heart speaks, allowing you to differentiate between your ego and your heart easily. Hence, there is no reason to keep the intellect suppressed. If you were given two powerful tools here: Still, if we look at our society, it becomes distinct that people tend to polarize to the extremes, which is, in this case, either logic or intuition. This also means that there is a growing number of people who reject either the important role of intuition or the role the intellect plays. The number of scientists is growing and with it grows the number of people who solely rely on logic, reason, and evidence. On the other hand, the numbers of those relying solely on their emotions or believes for guidance is increasing as well. Unfortunately, both sides are extremes that neglect the one or the

other, which is why I personally prefer the middle way. You can think of creativity as the gateway to a realm of life that is way beyond the intellect. Imagination, creativity, inspiration and sensuality are all traits that can be attributed to the heart, figuratively speaking. Therefore, one of the easiest ways to encourage the heart to speak up is by engaging it in a creative way. The great painters such as van Gogh, inspiring composers such as van Beethoven, stunning musicians, and artists that made you speechless with their wonderful creations have used many tools ranging from creativity and imagination – rationality, logic and reason are none of them. By engaging in creative activities – no matter if you draw an artwork, take photos, make music or create a masterpiece – your heart will speak through you. Creative works will strengthen your connection with the heart and will allow you to discover the things in life you are really passionate about. For further advice on how to stir creativity, please see the article [Ways to Enhance Creativity](#). Just remember the last time your stomach tied up in a knot without a reason, preceding an accident of yours. Or, the sense of peacefulness and joy, when you were going to meet a decision that you knew – from deep within your heart – was right for you. The feeling of calmness without a need for justification to yourself and no pondering of the consequences; you just knew it was the best for you. Your body is capable of translating the intuitive messages that are sent to you from the heart. It gives intuition a voice to speak with, in a basic way that is easy to understand. On the other hand, when going with the flow of intuition and when the things you do are right for you, your body will signal that too. But it also manifests as joy, an increase in motivation and energy, enhanced creativity, synchronicities in your life or – what many describe as – the feeling of going with the flow of the universe. I say, have the courage to follow your intuitive ideas.

2: Listen to My Heart by Katherine Applegate

Lyrics to 'Listen To My Heart' by Nancy Lamott. Here we are / You and i at last / In the right place / At the right time / Every dream i've dreamed / Have come.

3: If I Listen with My Heart - friend

Next time I'll listen to my heart Next time, well I'll be smart That girl could still be mine But I'm tired of the hurt Tired of tryin' I'm tired of the pain.

4: Listen to Your Heart () - IMDb

LISTEN TO MY HEART(English Version) Artist BoA; Album LISTEN TO MY HEART; Writers Natsumi Watanabe, Kazuhiro Hara; Licensed to YouTube by.

5: Listen to Your Heart (Roxette song) - Wikipedia

"Listen to My Heart", song sung by Patricia Gilmore, written by Lanny Ross, Al Neibur and Abner Silver for the Paramount "Headliner" short film: Tempo of Tomorrow featuring Richard Himber and his orchestra.

6: Listen to My Heart - Wikipedia

Listen to my heart!! is a song sung by Nico Yazawa, Rin Hoshizora, and Hanayo Koizumi. The song is included in the theme CD, Love Live! The song is included in the theme CD, Love Live! Web Radio – Love Live!

7: Nancy Lamott - Listen To My Heart Lyrics | MetroLyrics

Stream Listen to My Heart by Nancy LaMott and tens of millions of other songs on all your devices with Amazon Music Unlimited. Exclusive discount for Prime members. Exclusive discount for Prime members.

8: If I Listen with My Heart

Listen to my heart, listen to it sing Listen to my voice, it wants to tell you everything There's so much to say, I don't know where to start But if you want to know the love I'm feeling.

9: How to Listen to the Heart?

And if I listen with my heart I hear the Savior's voice. But as I search the scriptures I can hear His words of peace. I hear a living prophet speak the things that Christ would say.

Pojos Unofficial Absolute Dragonball Z Cinematic society Location, location, location Shawnthea Monroe Dublin burial grounds graveyards Commendatory Letter of the University of Louvain, 279 The Eagleton Reader (Blackwell Readers) Jesus in contemporary philosophy The best of Interweave knits Still dancing with love Encyclopedia of chemical engineering equipment Making your sales team #1 The Faith Of Our Fathers Substantive violations Educational survey of Houston County, Georgia. Special report on the history and present condition of the sheep industry of the United States Chandilyan novels Biographical sketches and interesting anecdotes of persons of colour Game theory in political science The day Ted Koppel left town 1. Embracing the Challenge Collected Poems 1937-1971 Kenya 1999 population and housing census Editing files in adobe er 9 Four part writing exercises Finding words for worship 5 is the Perfect Number Dona flor and her two husbands novel Bern patent office, 1905 I Met You in a Story Phase two of the relations of production: / What Is Cultural Conditioning? The Cambridge companion to literature on screen What Do You Want to Be When You Grow Old? Treasury of favorite Muslim names An illustrated review of the digestive system The Toronto Training School conducted by Mr. T.G. Chesnut as boarding and day school What hedge funds really do When did they travel? New Thinking for the New Millennium PC Performance Tuning Upgrading Tips Techniques