

# innerwealth

## chris walker

Your heart is the core of your deepest humanity.

When we have finished exploring intellect and attending ceremonies, when we are exhausted trying to change the unchangeable, then we come to rest in our heart. In this place your heart and my heart are one, we are interconnected, no need to compare, we are a part of something bigger, where our individuality is transient, the moment becomes important and we all relax in the knowledge that we have no idea of what could happen next. This is a beautiful reality, the core of confidence, love, beauty and a healthy life.

If one spent their whole life doing nothing other than opening their heart and developing the qualities of the heart, it is no exaggeration to say that this effort alone would bring them to the highest goal of human life. Because it is through the heart that one finds their truth and within the heart that one finds their True Nature. In this place –Self and God are one. You have to know this totally. To separate God and Self is to think God is great and I am small. Then you are locked in to your own smallness, and you cannot see the connection between what is natural, beautiful, and you. Native people knew this connection before religion came and separated them from nature. It is the human heart that can teach us to love without condition. It is here that strength and conviction emanate. Compassion and loving-kindness live in the heart and it is here that one feels peace. It is through the heart that we can find the way to treat our brothers and sisters, and ultimately, a way to be true to ourselves.

The heart represents the essential nature of a person and thus the development of the heart; the unfolding of the heart and the illumination of the heart are of the utmost importance on the path of to find your True Nature. This is the centre around which your life can revolve. But it is not the emotional centre. The heart is often mistaken as a nice fuzzy feeling in the centre of the chest. This is the emotional centre. We are talking about the human spirit. It is not a feeling but rather a knowing. Called the inner voice, it is not a voice at all. Called the spirit it is not a physical existence. It is a pure, unconditional knowing. No words can describe it.

To find your heart is to find your path, a path that doesn't waver, it's also to hold a certain centre, and be true to yourself and others. It all begins with gaining a true sense of your being. It's a way to think and feel that reflects your true nature, it is natural, and, it creates a certain inner confidence, a strength, and builds a foundation from which your life may evolve. It can't be separate practice from

daily life because it is life itself. It doesn't mean rushing around solving the world's problems either, because those obstacles are countless and that rushing around is in itself part of the world's problems. By listening to your own heart, to your own particular gifts, it enables you to focus on what you really love to do and to express yourself without tension or reaction. The deepest experience of life is awakened when each individual finally takes this opportunity. We become the mirror of the change we would love to see in the world; we must first learn to love ourselves and to find peace and harmony within.

When we explore the term heart in common language we find that 'heart' means the central or innermost part of something such as the 'heart of the city', it also means the essential or vital part of something such as "what is the heart of the matter?" A person with a 'lot of heart' is someone with determination. To 'lose heart' means to be discouraged so we see that the will of a person emanates from their heart. We refer to the heart when we talk about generosity or sincerity as well as consideration, understanding and helpfulness as when we say, "He has a big heart." or "She is a dear heart." When a person is cruel or mean or when someone shows no regard for others we say, "His heart is closed or small or cold or that he has no heart at all."

In most of the spiritual traditions of the world the heart is considered the location where heaven and earth meet within the human being. This, of course, is not the physical heart but rather the 'heart centre' within the chest. This centre is where we experience love; it's the Temple within.

As humans cannot grasp the idea of a heart outside the body, there is a part in this body of flesh dedicated to housing the idea of the heart. This area is most sensitive to feeling and has been called "broken" at times, although no physical break actually occurs.

The surface of our being is mind, while the depth of it is heart. The heart is clarity the mind is personality. It is through the heart that we feel ourselves or know ourselves. Once a person understands their True Nature, the character and the mystery of heart, they understand the language of the whole of creation because they know truth. So we have choices. Listen to this heart or listen to the mind and its stories or fear and uncertainty.

It takes a certain trust A trust that, when faced with what seems to be an insurmountable challenge, we will survive. It does not necessitate becoming religious. The spiritual life is not lived in temples, or on particular days of worship, nor is it only reverence to a statue or icon; it is lived every single moment of our lives. From what people see of us, and what we think, to our secret thoughts and our secret ideas.

People say put your heart into it; it means to become fully invested. It means to throw the full weight of your humanity behind something. There are no half hearted success stories. We must be vigilant. Our heart must remain invested.

When the heart goes out of something we automatically sabotage it. So, if we can invest ourselves in maintaining the commitment of our heart we will automatically achieve many of our dreams in life.

THINK DIFFERENT

THINK NATURAL

UNIVERSAL LAWS

REMEMBER, YOU ARE THE ENVIRONMENT YOU CREATE.

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