

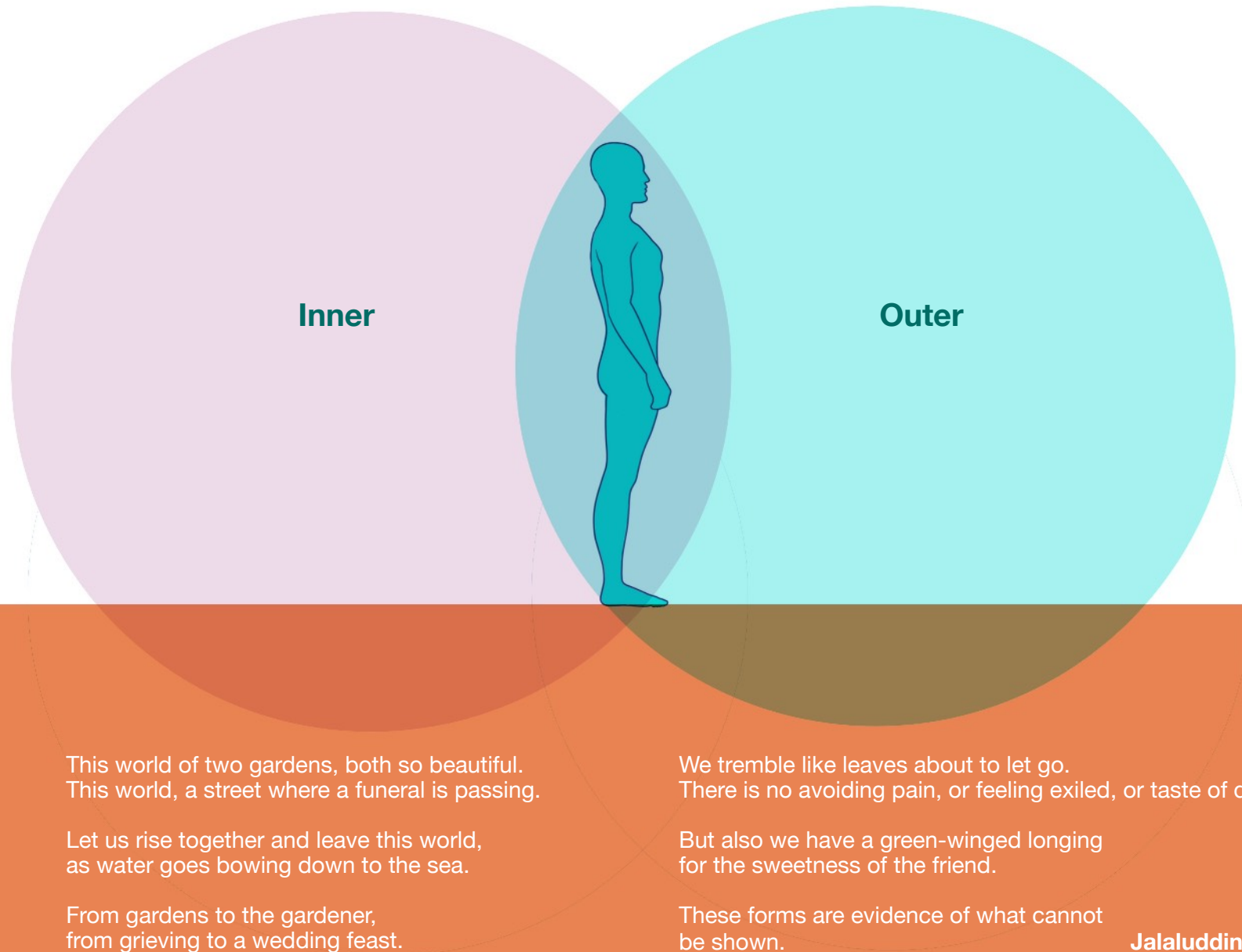
# The Language of the Heart



discover the differences between head, heart and gut

## Two Gardens: the realms of existence

“Only the Heart can see rightly; what is essential is invisible to the eye.” The Little Prince, Antoine de Saint-Exupéry



# The Anatomy of Existence

Our bodies and minds are the intermediaries and meeting points between the two realms, which we experience through our senses and three intelligences - head, heart and gut.

## Truth

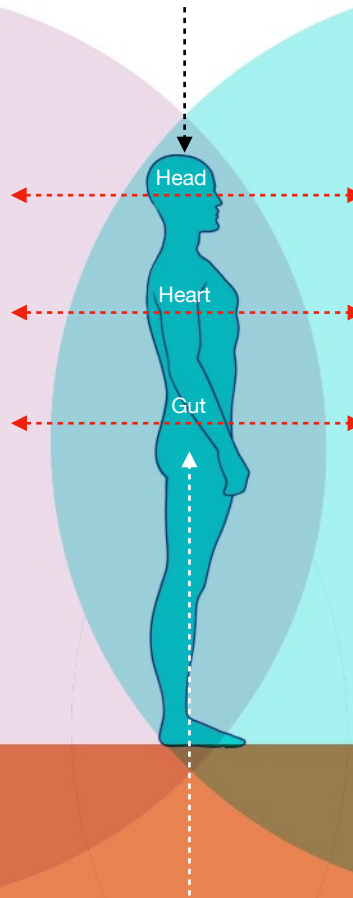
The essential qualities of our inner truth exist at the centre of ourselves and all physical realities. In comparison to the outer it is unchanging and words that best describe it are; peace, joy, freedom, beauty, trust, strength, ease, forgiveness, gratitude, empty fullness, the unconditional. At the deepest level here, nothing is missing, everything is available and yet nothing is needed. We constantly seek this truth within the realities of our lives, particularly in our love relationships.

Unseen/unknown  
Interior world  
Unchanging  
One reality  
Unconditional  
Non-dimensional  
Now (vertical time)  
Source  
Subtle and ineffable  
Non-duality / unity  
Nothing  
Non-personal

## Reality

As forward facing creatures life appears to happen in front of us. Our perception of reality starts with our thoughts and feelings and the biochemical reactions of our bodies that respond to everything in the outer physical world, all of which is impermanent and subject to constant change. Even though we are part of this ever changing reality we have the experience of feeling separate from it. Having forgotten our hidden and unchanging truth we set about trying to stabilise and fix reality ie; a permanent job, finding the one, fearing death.

Seen/known  
Exterior world  
Changing and impermanent  
Multiple realities  
Conditional  
1D, 2D, 3D, 4D, 5D, 6D etc..  
Past and future (horizontal time)  
Manifestation  
Concrete and tangible  
Duality / separation  
Everything  
Personal



We all have dominant ways of perceiving existence. There is no right way other than what works best for you. However, the head dominance is our normality. Is it possible for your head to become a willing servant to the heart rather its master?

Top down = 1.Head 2.Gut 3.Heart  
Bottom up = 1.Gut 2.Head 3.Heart  
Radiation = 1.Heart 2.Gut 3.Head

Life force flows from truth out into reality naturally. We often block this through our firm attachments and resistances to reality. Because reality's nature is change it cannot be fixed or controlled. Our efforts to do so results in suffering.

Our imagination is the channel through which we perceive both realms. Whatever arises in our imagination only points to the truth behind all reality. Our imagination is a way for us to see beyond our fixed ideas about reality. An example are Dreams. We can call on truth to guide us in the realities of our lives. Truth is non personal and has the same quality for everyone. It unites everything. Neither is better or worse than the other but both are in constant relationship and communication.

## Broadcasting and Receiving

We don't question how our devices (which we created) send and receive data invisibly and at great speed. We don't see this as mystical or strange we just expect it to do what we want. Our minds, bodies and hearts make up a much more sophisticated device. Are we aware of what we are broadcasting and receiving?

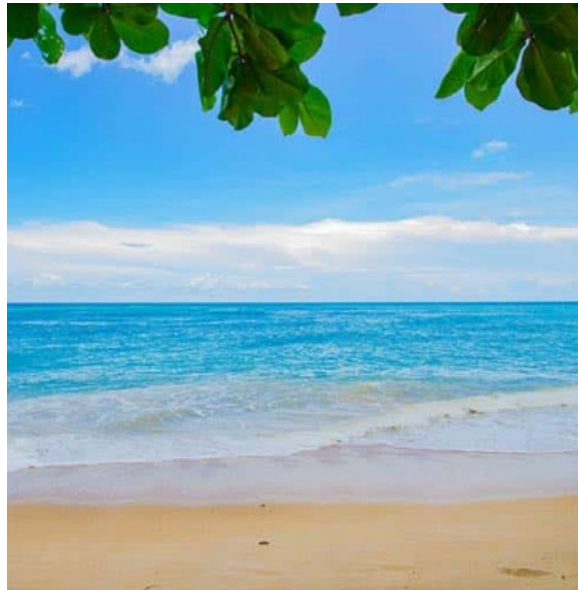
# The Three Intelligences

## Head



Your head is like a sacred temple containing an eternal flame that never goes out. This is why we keep thinking, remembering and imagining. We have learned to live our lives through this intelligence. It has become your master but longs to be a willing servant. Using your imagination to access your heart is a good use of this intelligence.

## Heart



Beyond all attachments, your difficulties, problems and your broken heart is a vast wilderness that is your true heart, your own personal paradise. Here nothing is missing, nothing is wrong, everything is available but nothing is needed. Its nature is subtle and quiet and easily overridden by the noise of the head. This is who you really are.

## Gut



This is your instinctual intelligence, your guidance system that has a very basic language, often a yes or no. It is your connection to infinite belonging and relationship and your connection, to family, ancestors, lineage, and place in nature. Symbolised by the hands of eternal friendship, support and belonging, your true ground.



# The Three Intelligences - features and applications

Try observing the same challenging situation through each intelligence. Which one brings you the most ease and clarity?

## Head

**Primary functions** - to recognise, analyse, remember, measure, plan, imagine, decide, compare, process, communicate and organise. **Seeks** to know and to understand, to order, to learn, to experience, to invent.

**True Qualities** - power, vastness, active, creative, movement, service.

Our physical intelligence resists and attaches. Our true head imagines and creates. We are familiar with believing our thoughts and beliefs. The true nature of our head and our thinking capacity is not to rule but to be in service to our lives.

### **Meditation** (chamber of the head)

Choose a particular difficulty you are facing. Write down everything your head has to say about it. All your thoughts, beliefs, ideas, the pros and the cons. Note all the things you imagine might happen, should happen or haven't happened. All the reasons you are frustrated, sad, angry, stressed or worried about it. Record all your judgements.

## Heart

**Primary functions** - to love, to create, connect, empathise, care for, to give and receive, to process pain and bliss. **Seeks** connection, love, beauty, joy, harmony, peace and to serve.

**True Qualities** - joy, peace, freedom, oneness, mercy, the unconditional.

In comparison to the head our heart is very quiet. The physical heart seeks attachment and connection and can easily be hurt, abandoned, wounded. The true heart can not. Discovering this is liberation from the broken heart. This is the unconditional.

### **Meditation** (landscape of the heart)

Shift the same situation down from your head into your heart. What does your heart say about this? This requires getting very quiet. Go beyond your thoughts and feelings about the situation. Ask your heart to show you its true nature. What do you see? However awful the situation might appear, what if you knew that in truth nothing is really wrong?

## Gut

**Primary functions** - to relate, sense of belonging, roots, wisdom, community, to perceive, to create, sexuality. **Seeks** - truth, trust, security, certainty, safety, connection, relationship, satisfaction.

**True Qualities** - strength, clarity, belonging, trust, stability, security.

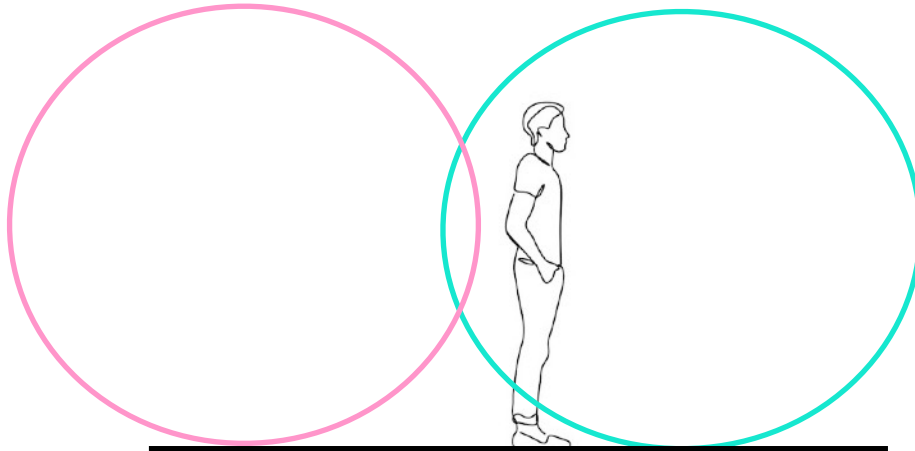
Whilst both the head and heart are vast in their scope the gut is simpler. It is no nonsense, it is yes or no. The physical gut connects us to self-confidence, relationships, ancestral inheritance, our roots. The true gut is our infinite and essential ground.

### **Meditation** (direction of the gut)

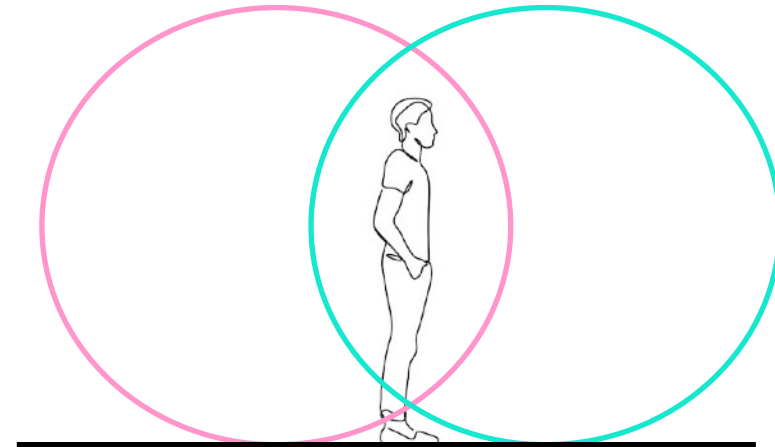
Drop down into your gut and see what this has to say about the situation. Before going into the heart was there any disturbance in the gut. Does it feel calmer with your attention? What direction does the gut suggest? Notice if there is a straight forward knowing such as, yes or no. This may take time because your head is loud and well practised.

# Our movements between reality and truth

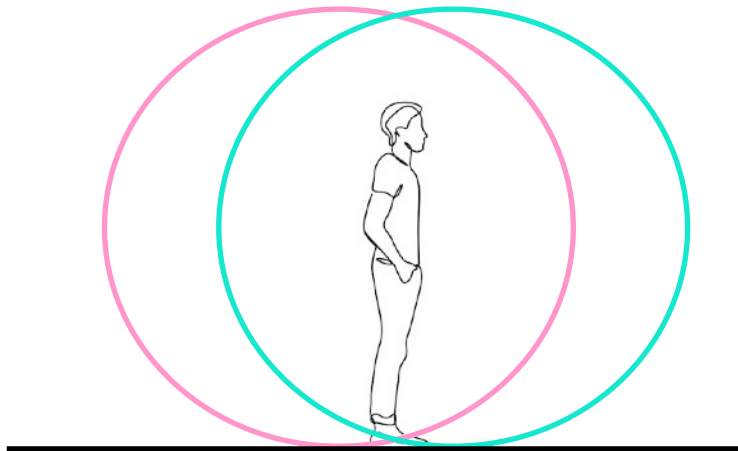
Pink is truth, green reality, purple non-duality. We exist in reality and forget this unseen part to our nature in favour of our attachments to reality



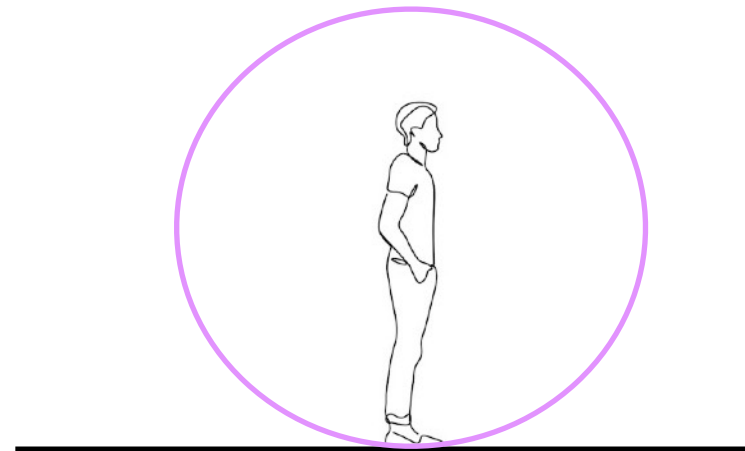
1. How most of us exist. Fully attached to reality, believing reality to be the full truth - my life, my body, my past, my future, my memories, my thoughts are all real - hence 'reality'.



2. Once we engage with any inner work we start to appreciate there is more to us than our physical reality and become interested in what is unseen as well as what is seen.



3. Discovering the nature of truth through the heart and benefiting from this we feel less separate and alone and see our struggles in reality as us trying to control something that is always changing.



4. Moments of oneness where we experience flow and where time vanishes from our consciousness. Here there is no doubt or fear we don't judge a situation good or bad. This is not a permanent.