



Inner Journey Coaching

“The journey forward begins inward!”™

A Message from Elaine: June 2009

Hello to ALL the amazing women out there! This month I wanted to celebrate the **MOST powerful source** of creation in our lives. It's the source of *all* that is good, kind and loving in the world. It will always *lead* you down the right path, *support* you in fulfilling your highest purpose, *help* you overcome any life challenge and *guide* you to fully realize your dreams. It will also heal, inspire and liberate you in ways you never thought possible. *What could do ALL this you may ask?* Only one thing and that is **the vibrant, resilient human heart!**



The heart is the source of our greatest wisdom and truth. It is the gateway to our soul. The heart knows only love, compassion, patience and forgiveness. It teaches us these four lessons over and over again throughout our lifetime. Family members, partners, colleagues, friends, neighbors and even strangers often serve as our teachers in this regard. They will (as all great teachers do) challenge us to go **beyond** what our *mind* thinks is practical and realize what our *heart* knows is possible!

That brings us to another important point: **The primary obstacle to following our heart's calling is that of our mind.** Although the mind is a powerful tool, it too often falls prey to human fear and ego. Unlike the heart, the mind can be manipulated and confused. And herein lies one of life's greatest lessons: *“To know the difference between the trickery of the mind and the clarity of the heart!”* Our mind best serves us when it is an *extension* OR *expression* of our heart. This is what is referred to as “heart-centered leadership.” These leaders inspire and uplift with their clear, loving presence. They are tremendous gifts to the world as they transcend **the mind's limitations** and **live boldly from the heart's truth.**

Many women do this so naturally that they don't even realize they are heart-centered leaders! They say: *“I'm just being a good person...mom...friend...sister...wife...daughter...neighbor.”* And yet, the depth to which they are touching others' lives is undeniable. I witness this everyday in so called “ordinary women” who are truly *extraordinary* in their own right. Although each woman is unique, ALL share one essential quality – they are firmly connected to their **heart** and that is the **center** from which they **lead** their lives! These amazing women and their courageous hearts have **NOT** been without their share of life's challenges, heartaches and disappointments. In most cases, the opposite is true. However, they have deliberately chosen to *nurture* their **heart** when it needs healing and *challenge* their **mind** when it tries to **trick them** into believing their **heart** is not enough. They have chosen to release what no longer serves them and they **REFUSE** (like all great spiritual warriors do) to harbor any anger, resentment or fear in their hearts. Instead, these women are deeply

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compassionate, giving, insightful and gentle – all of which makes them incredibly powerful. They are a force of love and light in the world as they KNOW that *love* is always stronger than hate, *compassion* wiser than judgment AND *hope and faith* more resilient than fear.

So how do we embrace the fullness of our heart's power? Begin by closing your eyes, connecting with your breathe (deep and slow), quieting your mind and relaxing your body. Then, focus on your **heart** as you ask the following questions to receive its loving guidance:

- 1) *In what areas of my life am I connected to my heart's wisdom and truth?
What pleasure and/or joy does this evoke in me?*

You'll want to FULLY acknowledge and celebrate these life areas! Your heart is leading and your mind is wisely following. To take this a step further, reflect upon the following:

What have I *faced* or *resolved*?
What have I *healed* or *released*?
What have I *reclaimed* or *embraced*?

- 2) *In what areas of my life am I disconnected from my heart's wisdom and truth?
What pain and/or stress does this evoke in me?*

In these life areas, we are likely to feel more inner conflict, fear, confusion and resentment. To explore each area more fully, ask for your heart's loving guidance on the following:

What do I need to *face* or *resolve*?
What do I need to *heal* or *release*?
What do I need to *reclaim* or *embrace*?

By engaging in this deeper exploration, you'll gain the clarity necessary to follow your heart's inner knowing. Expect it to lovingly beckon you to *make changes in your life* that align with its wisdom and truth. Remember, it will *always* lead you down the right path.

YES, it takes great courage to follow the wisdom and truth of our heart! Yet in doing so, we are connected to the most powerful source of creation within our being. When we live firmly from **our heart FIRST** (and our mind second), we feel more fulfilled, empowered, joyful and at peace. Our beliefs, words, decisions and actions reflect a deep sense of wholeness, congruency and balance. These are among the many gifts that heart-centered living offers us. Of course, connecting with our heart is a life-long journey. As with all our inner journeys together, remember to be *courageously honest* with yourself while also being *patient and kind* as that will serve your journey best.

I'd like to close with a quote from Pema Chodron that celebrates her amazing heart:

“When you begin to touch your heart or let your heart be touched, you begin to discover that it's bottomless, that it doesn't have any resolution, that this heart is huge, vast and limitless. You begin to discover how much warmth and gentleness is there, as well as how much space.”