[doc] Heart Focus

[doc] Heart Focus

subtitle

Intro

This specific

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Table of Content

-

General

- Marked in yellow like this = I will improve that part soon (or later)

Related files

- [doc] Who are "the right people" for me?
- [doc] Heart closing
- [cllc] JFK crying
- [J] Heart Connection - free Journal

Transparency *("Who was here? + When?")*

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- ??? (DD.MM.YY)
- → leave a comment/suggestion the line above

👉 Start of Document 👈

Intro

> *Very few people understand the heart. In truth, your heart is one of the masterpieces of creation. It is a phenomenal instrument. It has the potential to create vibrations and harmonies that are far beyond the beauty of pianos, strings, or flutes. You can hear an instrument, but you feel your heart. And if you you think that you can feel an instrument, it's only because it touched your heart. Your heart is an instrument made of extremely subtly energy that few people come to appreciate.*
> *– Michael Singer (Untethered Soul Chapter 6)*

Looking back, I realize how much of my life I have lived with a closed heart. Not that it was a problem back then… Because I didn't really know what it is like to live life with an open heart. I might have experienced moments of open-heartedness, but never as a settled state, as a way of living.
While writing this article, I'm closely observing what's going on within my heart. When does is beat stronger or faster? At what point does it skip a beat? What other subtleties are happening? It's a whole world all by itself. There is so much going on in there…

Attracting the Right People

Sorting through past articles & recordings, you won't find me speaking about the heart a lot. A little bit, here & then, but never in depth, and certainly not very often. This will change from now on!

While I would date my main heart-opening to a time around early February 2024, just yesterday (on February 19, 2025) something more shifted, it opened just another crack. At least so it feels.
After a Cacao-Ceremony & a 45-min breath journey, I received a new framework for probably THE most important question in my life: "How to organically attract the right people". After writing an article about it, I did another breathing and had (even though it was quite short one by comparison), stronger physical reactions than I ever had. I was shaking a lot! And afterwards I just laid there for another 30 minutes or longer, just focussing on my heart. It feels like the intimacy between & my heart reached a new level after that.

There is a deep knowing that this focus on people with an open heart / the intention to share closings will play a huge role moving forward.

Inner Energy Field

We can look at the whole world as an interplay of energies. You can see it happening in your own individual being, as well as when people come together & interact. And, a bit less obvious, we re-create what we are. When we "work" together from a place of separation, all we will create in the world is more separation. If our actions are fueled by hate, we will plant the seeds for more hate, no matter how peaceful our doings look on the surface level. Equally, when we create & communicate with a closed heart, we will create more heart-closing in us and the people around us.

Our heart is our main energy center (shakra) in our body. If we don't have an intimate connection to our inner energy field, how do we want to contribute to the collective energy field in a healthy, conscious way?
While I'm already doing regular "State Check-Ins" with all groups & people I'm in contact with, in the future there will be a lot more specific "Heart Check-Ins", at the start of calls, as well as during conversations ("What is happening in your heart right now in this moment?").

Similar to the question "If we don't let our intuition guide us, who is actually running our lives?", we can also ask here: "If we are NOT creating from an open heart place, what are we actually re-creating in the world?"

Collection (for later improving this article)

- My strength (-) → 2nd wing to spotting resistances
  - → my role
  - [E.9] Gift & Weakness (Two Wings to Fly)_1923.docx
- The More Sleep Deprived you are…
- My Journey & milestones
  - Berstadt (3)
  - Petzow (6)
  - 19.Februar (8) → ↯ skala bis 12/15/20
- Metaphors
  - sensitivity
- Important for…
  - intuition (recognize blockings)
- keep in mind:
  - intention vs. perfection

related articles

- [doc] Who are "the right people" for me?
- “Joining my Field”
- vulnerability (Owning Dark Side)
- Saying No with Love → Parenting

In Action & Tools

- Hear the Heart
- State Check-In
- HS&W
- Entering the Temple
- Mastery Review / tracking

🔗 Appendix

Next Iterations (= Improving this article in the future)

Links/Referrals

Tags