

THROUGH THE HEART TO THE SOUL

The New Awareness

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INTRODUCTION

This book is an attempt to provide tools which lead to a new inner attitude toward life, allowing access to the quality of the new awaiting us. This inner attitude is based on re-adjustment of old belief patterns, determined by culture and church. One needs to develop specific qualities in order to live this inner attitude which provides space for oneself and others to be.

The first chapter introduces exercises designed to assist the unfolding of the qualities of the heart. Moving from an outer focus to an inner one, turning towards one's own heart, and carefully listening are emphasized. By pausing often, the heart can be befriended. The path to the "Self" leads through the heart. The heart's wisdom can align us with the "Self." The heart can show the path to a new quality of life and lead to deep acceptance. This in turn allows us to view the outer world through a heart perspective. Each exercise is accompanied by participants' direct experiences and a commentary.

“You too are a Self” introduces a model and diagram of the “Self.” By viewing the model and doing the exercises, a direct experience is possible. The intention is to honor the “Self,” the soul, as the spiritual center of the human being. The inner seeing, the eye of the “Self,” is at our disposal to view ourselves. The personality is an expression of the “Self.” Aligning with LoveWill, the current of life energy which expresses through the personality, the super- and lower-unconscious, leads to allowing the soul’s expression.

The chapter “Growth, Melody and Rhythm” shows how to move the inner attitude from “forcing” to “allowing,” from “I must do” to “I may,” from “control” to “surrender,” and from “acting” to “being” to be able to appreciate the quality and intensity of the moment.

In the chapter which follows, both, belief systems which interfere with the flow of life energy and those which are supportive of it, are described.

The scale of quality for loving and living is directed to recognize the fundamental behavioral patterns deeply anchored in culture and religion, to show the new principles which imply a different quality of love and life.

The last chapter allows a glimpse into the multidimensionality of the soul, which awaits recognition and expression.

The book is structured to familiarize readers with new concepts and models, while allowing a learning experience through exercises which provide for inner knowing. These exercises are followed by descriptions of the experience, subjective reports of seminar participants, complemented by a commentary.