

The Listen Story



She woke up, looked at the clock and saw 4am. She closed her eyes to go back to sleep. She could feel that crazy mind starting. She could feel the fearful thoughts, such as *“What if this deal doesn’t happen? What am I doing wrong? Why does this feel so hard? Look at those other people; they seem to be doing just fine. What’s wrong with me? What if I lose my job?”*. She listened and smiled. Years ago, she knew these thoughts would have spiralled out of control so that the rest of her night’s sleep would be disturbed and most likely, the day would have been full of worry.

She knew so much more now – about thoughts becoming things (just like Mike Dooley says¹). Due to work with Alan Seale² she knew that the mind doesn’t know everything. The mind’s wisdom is based just on the past and the future. She knew there were other parts within her to listen to. She put her hand on her belly. She tuned in here. Alan Seale calls this emotional intelligence. When we tune in here, we are ultimately feeling one of two possible emotions – love or fear. Also, the practice of Sensuous Wisdom³ had taught her even more about connecting with the energy here. When we tune in here, we can feel the truth of the present moment in a way that the mind doesn’t allow us. She felt love as she thought about all the people she had touched in her life and thought about how all she had learned. She thought about how she was doing the best she could and remembered there was a much bigger picture than the facts her mind was focusing on. She also felt a touch of fear – fear of not succeeding. She noticed this.

Lastly, she moved her hand to heart. She took a breath into her beautiful heart and listened. At the Institute of Heart Math⁴, they have studied the intelligence of the heart. Studies show that the electromagnetic fields of the heart are thousands of times stronger than that of the brain. When we tune into the heart, we see the big picture – we see what is truly important, not just for ourselves but in a broader sense. As she lay there breathing into her heart, she heard, *“it’s ok. Just continue listening. Trust.”* A feeling of peace and sense of contentment and ease came over her.

With the intelligence and wise words of her heart, she went back to her mind. What thoughts would feel more aligned with the truth her heart was speaking? *“I know what to do when I’m truly listening”, “This is actually quite simple when I don’t TRY to make things happen”, “Using my own definition of successful, I’ve already achieved it.”* With these thoughts firmly in place, she went back to her belly and checked in there. All she felt was love. The fear was gone now that her thoughts were aligned with her heart’s knowing.

Before she knew about these other parts of herself, she relied solely on her mind. The mind has LOTS of gifts, but now being able to tap into her emotions and her heart, she understood how skewed and one dimensional it was to ONLY listen to the mind and its thoughts. Knowing that her thoughts, her emotions and her heart were all aligned, she felt peaceful, safe and content. She let these feelings fill her up from head to toe. She could feel her entire body touch and experience these feelings. She felt relaxed and full as she drifted back off to sleep.

¹Notes from the Universe by Mike Dooley, www.tut.com

²Alan Seale, www.alanseale.com.

³Sensuous Wisdom, www.deniseelizabethbyron.com

⁴Institute of Heart Math, www.heartmath.org