

Intuition & Heart

An excerpt from, Swami Dhyan Giten's book, *The Silent Whisperings of the Heart*

Intuition means to listen to the silent whisperings of our own heart.

Intuition is our inner teacher, our inner source of love, truth and wisdom, in life.

Intuition basically means to develop a deeper trust in ourselves. Intuition means to develop a deeper trust in our heart and inner being.

Intuition is basically a function of our heart and the heart is the door to develop our intuition.

Intuition is a yes to life. Intuition means to develop a trust to life. Intuition means to learn to listen to life. When we allow ourselves to follow the silent whisperings of our heart, the fragrance of love arises.

Life is like playing "hide the key" with God. God has hidden the key and now it is up to us to find the key again. It also takes us a while to realize the key is hidden in our own heart. Our heart is the door to allow life to guide us. Our heart is the door to say yes to life. Our heart is the door to surrender to life.

Intuition means to follow the silent whispers of the inner in a basic "yes" to life.

Life is very simple. In each moment, we have the opportunity to say "yes" or "no", to listen to our intuition, to listen to our true inner voice, the existential voice within ourselves. When we say "yes", we have contact with existence and we receive nourishment, love, joy, support and inspiration. When we say "no", we create a separation from life and begin to create dreams and expectations of how life should be. We begin to live in the memories of the past and in the fantasies of the future – as if any other time than here and now really could make us happy and satisfied.

Life is our teacher. Life communicates with us all the time and it is a lesson to see how life continuously leads us to the people we need to meet, to the situations we need to experience, and to the places we need to be. There has never been any real reason to worry since all small, individual rivers are already on their way to the ocean, to the whole.

Intuition means to develop a trust in ourselves. Intuition means to know from within ourselves. Intuition is our true inner voice, our inner teacher.

Intuition is about being present and making creative decisions.

Through learning to listen to our own intuition, it develops to a constantly available inner source of love, truth and wisdom. We can close our eyes, go within, and always receive the right guidance.

Intuition is the art of the moment. Intuition is always in the moment, in the here and now.

Intuition means to develop a trust in ourselves, a trust in our own joy, intelligence and creativity, a trust in our own individuality.

The intellect gives insight, logic and understanding, the heart gives joy, acceptance, trust, intuition compassion, friendship, playfulness, humour, creativity and a sense of oneness in love and the inner being gives silence, a rest in ourselves, meditation and a sense of belongingness with life.

The human heart is a healer, which heals both others and ourselves. The human heart operates from two premises: "I Am Responsible" and "Only Love Works".

Love is what creates the freedom and relaxation to be who we really are. The greatest gift we can give to another person is our love.

In the depth of our heart, we already know that we are perfect as we are. In the depth of our inner being, we already know that life is perfect as it is.

Fear and hate create separation, love and joy create belongingness and wholeness.

Acceptance means to learn to love and respect ourselves as we are. Acceptance is to love and embrace everything that we find within ourselves like a mother embraces her child.

When we stop judging others and ourselves, our heart begins to open.

Acceptance means to bring everything from inside ourselves out in the light.

Everything we give love and attention to grows and develops. Meditation is the way to develop the inner clarity, which is the base to develop our intuition.

Intuition is a capacity of our heart. Our heart is the door to existence to guide us, instead of being directed by our ideas, desires and expectations. Since the days of Aristotle, we have been taught that logic is the only way to reach a solution. But while logic works in a step-by-step process to reach a solution, intuition simply takes a quantum leap to a solution without any intermediate steps.

To see life from the perspective of intuition is to have vision. To see life from the perspective of intuition is to see life from the perspective of wholeness. It is to understand that life is basically one and that we are part of life. While the intellect can only see the details, intuition sees the whole. To see life from the perspective of intuition is like looking at life from the summit of the mountain, whereas seeing life from the perspective of intellect is like looking at life from the foot of the mountain. Through learning to listen to our intuition, we learn to be in contact with the Whole.

We all have the same capacity to develop our intuition. Meditation and love are the nourishment to develop our intuition. People with a quality of heart are often intuitive.

Intuition is the art of the moment. While the intellect always moves like a pendulum of a clock between the memories of the past and the fantasies of the future, intuition is always in the moment, always in the here and now. The more we develop our inner being, the inner source of love and truth, the inner quality of being here and now, the more we also have access to our intuition.

Intuition is about moving out of our own way. Intuition is about moving out of our limited sense of “I”. It means moving out of the way of our ideas about how things should be and just be with what is. It is to be with living the reality of the moment.

Intuition is a trust that if we follow our heart, if we follow our love, joy and truth, the Whole becomes enriched.

Intuition is already in contact with existence. Intuition is already in contact with that which is larger than ourselves.

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