



# LIVING FROM YOUR HEART

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## Living From Your Heart # 1



*Our hearts have an intelligence of  
their own*

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In this series, we explore the possibility of living a heart-centred life, on a day to day basis.

It is through our hearts and the feelings expressed within, that we can experience a deep sense of connection, unity and love. As Joseph Campbell succinctly describes it – "The Hero's Journey – from the head to the heart."

Bon Voyage!



## Living From Your Heart # 2



*Our heart was the first organ in our  
body to be developed*

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From the first to the last beat of an average lifetime, our heart beats around 2.5 billion times!!

But it is not just an extraordinary pumping device, it is considered the seat of the soul and through the feeling we experience in our hearts, we can tap into our innate power, wisdom and love!!



## Living From Your Heart # 3



*Our heart has two components – a physical pump and an energetic centre*

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For over 4000 years now, Indian sages have acknowledged the existence of seven energy centres in our bodies, known as the Chakras.

Our heart comprises of a magnificent pump and an energy centre, through which we can feel and experience love. Science is now supporting this fact.



## Living From Your Heart # 4



*Our heart sends more messages to our brain, than the brain sends to our heart!*

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Let your heart become the master, not  
your mind.

Our hearts know and will guide us, if only  
we would listen and feel.

Our mind should become the servant to  
the heart, not the other way around.

Just as we may go to the gym to  
exercise our muscles, our heart needs to  
be exercised too!



## Living From Your Heart # 5



*When our heart is in alignment with our  
head, magic happens!!*

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When our heart and head are in alignment and coherence, there is no conflict or disharmony. The heart's intelligence leads the way and the head provides all the "Hows!" Ease and flow prevails, as these two elements, heart and head are in perfect sync.



## Living From Your Heart # 6



*Your heart has short and long term  
memory – think about that!*

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Just think about that for a moment.  
We have always associated memories with our  
minds, but here we find our hearts also contain  
and retain experiences.

No longer regarded as a mere organ (a  
remarkable one at that), but a receptacle for  
past experiences.

And I suspect, a willing collaborator on fresh,  
new, heart-centred experiences too!

So let's not hold back!!



## Living From Your Heart # 7



*Compassion when directed at yourself or others, is an act of love.*

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The true act of compassion towards someone, is to see them fully, be present with them without judgement, or trying to "fix" them. Having compassion for all species and our precious Mother Earth, is essential for our survival.

It all starts with the act of love called compassion, towards ourselves. Fill this cup up so it is overbrimming, enough to share liberally around.



## Living From Your Heart # 8



*If you are not sure what to do, ask your heart, it has the answers.*

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Our hearts have the answers and what's more, they are intelligent, constructive, and life-enhancing answers!

This what we need to be guided in our lives & to live a meaningful and richly rewarding life.

If there is any uncertainty as to the direction to take, ask the question -

"What would love do now?"

The only place the answer to this question can come from, is your heart.



## Living From Your Heart # 9



*Any act of gratitude or appreciation towards yourself or others, is an act of love*

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Appreciation and gratitude are both an act of love.

The impetus, intention and action to be appreciative and grateful, comes from your heart.

Starting with ourselves and radiating outward, we should consciously find things about our life, that we can be very grateful and appreciative about - then watch how your life changes for the better.



## Living From Your Heart # 10



*It is an act of love when you forgive  
yourself and others.*

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Forgiveness to ourselves and others, frees us from the prison of our minds and permits us to move into present time.

We let go the tormenting past and immediately feel a sense of relief, calm and freedom.

There is no greater gift you can give yourself, than forgiving your past destructive actions that have brought shame, blame and regret upon yourself.



## Living From Your Heart # 11



*Striving to understand yourself and others, is an act of love.*

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Let's face it, we could all use a little more understanding about who we are, what is our purpose and the meaning of life.

Understanding can be expanded as we dive into the subject matter, be it people, technology or life.

When we understand why we behave in a certain way, we can add or subtract those behaviours, which can lead us to a richly rewarding life.





*Courage and Bravery are profound acts  
of self love and love towards others.*

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It takes courage and bravery (sometimes termed Valour) to take the journey, from the head to the heart.

Every act of bravery is an act of love directed at either yourself or others.

Be brave and fearlessly step out of your comfort zone, experience life from that place and notice the difference.

And yes, it will be scary and yes, you may feel vulnerable, and yes, you will feel something stirring you in your heart, urging you on to just do it!



## Living From Your Heart # 13



*Humility is an act of love.  
Be humble!*

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Consider the 7.3 billion inhabitants of earth and then lie on your back looking up at a clear, starry sky, it is easy to feel humility against this vastness.

All those little pinpricks of light, long extinguished at their source, but still making their way here. And when considering the expansiveness of the Multiverse (yes, more than one), one cannot help but to feel humble.

Humility equals egolessness!!



## Living From Your Heart # 14



*Unconditional love, is the highest intelligence in the Multiverse!*

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We usually consider love to be a strong feeling of affection, but what if it was something far greater than that?

We are not talking here about a love with conditions attached, I will love you if....., which is pretty much the norm in most relationships. But asking the question: What if unconditional love is a form of incredibly high intelligence? Food for thought and pondering!



## Living From Your Heart # 15



*Our highest purpose, is to give and receive love. Are you following your purpose?*

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At the deepest level, we seek the willingness and ability to give and receive love.

Do you see the folly of building a wall around your heart to prevent you from being hurt again?

We built it, we are the best equipped to dismantle it and by brick by brick if necessary. But dismantle it we must if we are to find true, lasting happiness. The breaking down of the Berlin Wall, was a metaphor for humanity, that walls just separate us from life and love.



## Living From Your Heart # 16



*Whatever the problem or challenge,  
love is always the answer.*

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While our minds are busy trying to find the solution to our challenges and problems, the heart has the answer every time!

The best answer can come from one place only - our hearts.

The answer is Love of course!



## Living From Your Heart # 17



*Broken hearted? That is your heart  
calling out for more love!*

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At some time it is almost inevitable that we are going to experience some heart ache or heart break. This will pass.

Just like muscles need to break down in order to grow bigger, the heart thrives on the breaking and aching and is just calling out - give me more!

This is how we develop a resilient heart, by opening ourselves to love time and time again.  
Go fo it Braveheart!



## Living From Your Heart # 18



*Be the love you wish to see in the world,  
with apologies to Mahatma Gandhi.*

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We are Human beings, not Human Doings!  
Gandhi talks about being the change you wish  
to see in the world, so if you want more love in  
your world, you have to BE it.  
When you are being love, your thoughts, words  
and actions will reflect the love you are being.  
It's that simple!  
If you don't believe me, try being grumpy for a  
while and see what happens!



## Living From Your Heart # 19



*Some people love the idea of love.  
Others live it!*

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Did you know that some people love the idea of love, more than love itself?

An unbridled, unfettered heart is brimming over with love, just busting to be expressed and experienced.

If this is what you want, it's time to stop thinking about it and dive headlong into love.

Go on, I dare you!

You won't know until you try.



## Living From Your Heart # 20



*We don't fall in love, we ARE love!*

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We are energy beings, connected to each other  
and all things.

The essence of this energy, is love, in fact,  
Unconditional Love.

Live from that place of love in every minute,  
hour and day

It is in your heart, just waiting to be liberated, to  
receive from and shared with others.

Step into that.

Dwell in that.



## Living From Your Heart # 21



*Building a wall around your heart, stops  
you giving and receiving love!*

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It's time to dismantle the wall, large or small,  
that you may have built around your heart.  
It is going to take courage to do this, but mark  
my words, you will never regret it.  
The benefits of opening our hearts to give and  
receive love are absolutely priceless.  
Do it for you.  
Do it for others.  
Do it for our world.  
Our world needs you and more love NOW!





Thank you

Rick is an Author, TEDx  
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