



BioTheosis

Divine Source-Code



Head
or
Heart

Head = HEED my warning

HEAR^t = HEAR me.
Listen to my small still voice.

I realized recently that I had been trying to match my Heart to my Head. I was trying to make my feels align with my thoughts. I believe we all do this to varying degrees, and I believe this is the reason that the majority of humanity feels out of place and unhappy. How can you be where you will be happiest when you can no longer listen to your heart?

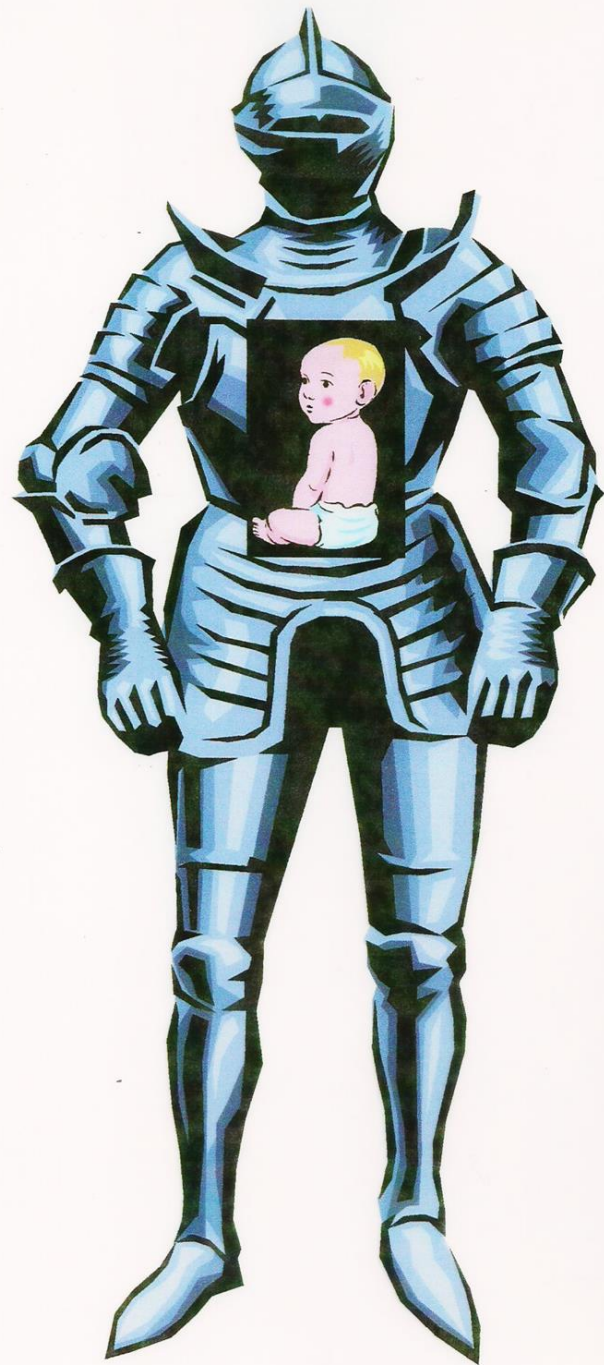
You are meant to live from your heart not your head. The heart is the center of the physical body and the chakra system. Its physical function carries the secret of its spiritual purpose. It sends our life-force (blood) where it is needed. The heart is the Holy Grail!

Think about it. The Holy Grail carried Jesus' blood. Jesus' heart carried his blood. The search for the Holy Grail starts and ends without making one step. It is your heart.

It is like the archetypal Hero's Journey that you find in many books and movies like "The Wizard of Oz." At the end of your seeking you realize you had what you needed within you all along. By following your heart on the path of life its true beauty is awakened. No one not even a wizard can give you what you already have. However, If your heart is locked away it can't grow...it actually shrivels. The small still voice gets more and more faint drowned out by the protective mind that says, "Heed what I say. I will keep you safe."

The head is the servant of the heart, and society has taught you the complete opposite. It is the mind's job to problem solve. However, in the end the mind becomes a problem, or at least the mind's survival SOULutions cause problems. You begin to listen to the mind more than the heart. You tiptoe through life playing it too safe, and you wind up locking yourself up in life (force/blood) draining situations. Instead of skipping along the path of life you are lost and camped out in the dark forest mentally and literally.

Security
At
Fun's
Expense



The heart's job is to guide you. It is your compass! If you follow your COMPASS, you will be full of COMPASSion and it will return to you 10 fold. Your heart compass guides you with your feelings. If you are too much in the mind, you second guess our heart. You second guess your feelings! If your heart is feeling happy, do you stop and look for a good reason to be happy or do you just go with the feeling? Then why make a chore out of finding a good reason to NOT listen or do what the heart is saying when it is unhappy? Why not just listen, and follow its guidance? The reason is the experiences you have had of this "cold and cruel" world have taught you to "Beware!" Your mind says, "You can't change now, you've spent so much time on this path. You don't know what is out there...it might be worse." -aka- "Don't open up or you'll get hurt." Paradoxically, trusting one's mind over one's heart is why there is so much pain and suffering in the world.

When you end up at dead-end on the path, you blame your heart. However, if you honestly backtrack on your path you'll find your heart had been warning you with not so good feelings for some time, but you were listening to your mind...its misperceptions and desires. Sometimes it easier to ignore your heart...to pretend you don't hear it, because what it is whispering to you will cause a huge change in your life. This change may not only disrupt your life but others' lives as well. In some cases the heart is desperate to be heard...to be acknowledged. Its usual whispers turn into haunting screams that echo in your mind when you are driving to work, watching TV, eating and everything else you do. If the voice gets to loud but your fear/avoidance is too great you might try to put your heart to sleep with drugs (prescription or illegal), alcohol, food and/or any of the myriad ways to distract and knock yourself out. Humans have become zombies. You see it in our culture everywhere from movies to models (Google Rick Genest). It has become cool to be a zombie...a half a live being that feeds on brains...the mind...the head. For me, this is one of those what I call "reflective from the collective." Mass consciousness is reflecting back to us where we are mentally and emotionally.

You may think you are putting your mind to sleep, but you are tranquilizing your heart. Like Edger Allan Poe's "The Tell-Tale Heart," you can try and bury your heart and its feelings, but it will continue to beat. Even if you have tranquilized your heart it will call out to you through the fog in your mind and body.

Following your heart takes real guts...real
courage. If you find yourself
disCOURAGED on life's path it is
because you stopped having the courage to
follow your heart. A spiritual warrior has the
heart of a lion! I am not saying a warrior's heart
is any better or stronger. A spiritual warrior
just has the courage to face their mental fears
and follow their heart.

You are all power beings capable of many great things. All you have to do is follow your HEART!!!

-brother (((Jon)))

We're off to live from our heart...because of the wonderful things it does...

I honor that place in you
Where when you are in that place in you
and I am in that place in me
WE ARE ONE!

We are made of the same Star stuff, we breathe
the same Air, walk on the same Earth and drink the
same Water.

NAMASTE

AWAKENINGS

Mind-Body-Spirit Alignment



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