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Foreword

For centuries, spiritual precepts have pointed us to the heart and soul as the source of wisdom, truth, peace, and eternal life. We call it the heart and soul because these deeper realities are felt most strongly in the region of the physical heart.

But, the spiritual heart and soul isn't limited to a location in your body. The heart and soul is the totality of your connection with the crucial qualities and greater dimensions of your true nature as limitless existence. Any full exploration of the bigger truth of your existence must include a discovery of the capabilities and qualities of this tender, loving, and wise aspect of your true nature is a pointing beyond the experience of the Heart and its wisdom, peace, and love to the possibility of acknowledging these essential qualities as who and what you are.

The heart and soul with all its joy, satisfaction, peace, love, and wisdom isn't simply something you may experience more totally; it's what you've always been and always will be. In realizing your true nature as this fullness of existence, you may ultimately rest from worry about worldly possessions.

Eternal Life and You

Nourish your soul for all things eternal and reduce your attachment to all things temporal.

Chapter 1:

Wiseness

Synopsis

The truth opens up the heart and soul. This capability to sense the truth is something we all already bear. We all have a heart and soul that's already precisely showing us how true matters are.

Anything that places you in touch with more of the reality opens up the connection to the spiritual. Once your experience is imparting more truth, there's a sense of opening up, softening, easiness, enlargement, fulfillment, and gratification ...



Connecting With Self Instead Of Stuff

This may be most directly felt in the core of the chest, but the heart and soul of all existence is infinite and consequently in reality bigger than your whole body.

So this opening up, softening, and enlargement is in reality happening everywhere; we simply sense it most clearly and directly in the core of the chest.

Once you meet truth, the sense of your self opens up, enlarges, softens, fills out, and relinquishes. The sense of your world is no longer felt to be so confined or little. It gets to be more complete and limitless. The limits soften and fade away, and any sense of deficiency, limit, or deficiency is decreased or annihilated.

As a side effect of becoming in touch with more of the truth, your brain gets quieter as you merely have less to consider. Even acknowledging a simple truth like where your keys are provides you less to consider.

And once you touch on a real big truth, your brain becomes even stiller, like once you view the sea for the first time: The reality or truth you're looking at is so vast that at least for a minute your brain is stopped and gets really quiet.

In direct contrast, once your experience is getting into a decreased or smaller experience of the reality and of truth, the heart and soul narrows.

The sense of your world becomes tight, firm, compressed, and feels incomplete, limited, and restricted. It may feel like you're little, inadequate, or despicable.

The smallness of the reality is reflected in the littleness of the sense of your world. The result of being less in touch with reality is that your brain gets busier as it attempts to work out what is real.

As luck would have it, your existence is never belittled or contracted, only the sense of your self. Even as cutting your view of the whole room by partly covering up your eyes makes your sensation of the room littler without really making the room littler, an thought or notion that's not really true is mused in a small sense of your self, without really limiting or condensing your existence.

Drill: Take a minute to sense your heart and soul. This may help you get more in touch with what is occurring there. Mark if the heart and soul feels comparatively compressed or comparatively open. In either event, your heart and soul is working absolutely to show you the degree of truth you're getting in this instant. There's no wrong way for your heart and soul to react. It's forever showing you the relative truth of this instant.

Truth is what subsists, what is current now. So, if what subsists is likewise what's true, then there's only truth. Whatever is current is true—but to variable degrees.

Just as there's no actual matter or energy that's darkness, but simply altering amounts of the power of light, there's no untruth or falsity, only changing degrees of the truth.

Our heart and soul openness or lack or receptivity in every instant is what shows us how much of the truth is being received in any minute.

What about ideas that are misguided? If you entertain the thought that you'll never be content unless you have 1 million dollars, your heart and

soul will contract fittingly to show you that it's simply an idea. This contraction might be really quick, so quick that it doesn't cause you any irritation or hassle. But if you truly feel this, then the sense of your self-command condense for as long as that thought is held.

Drill: For just a minute, hold onto a confining idea like, "I'll never have adequate time" and note the response. Does this idea let you relax and be, or does it call for a sort of effort or compression simply to hold it? Now think about a different thought that you find absurd as it's so untrue like, "I'll never be happy unless I become president of Microsoft." Note how it may even be inconceivable to hold onto this idea. It may even make you laugh.

Many confining ideas are true, but only as ideas. As these ideas subsist, they've some reality to them, but the existence of something simply as an idea is a really small existence indeed.

In the range of daily experience, our thoughts have variable degrees of correspondence with truth. Those that agree more closely to reality won't constrict or limit the sense of self for as long as erred ones.

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