



TODAY I LISTEN TO  
MY INNER WISDOM.

## DAY.20

"Muddy water is best cleared by leaving it alone. Your own nature will begin to take care of itself."

– Alan Watts

We have been taught in school, in our society, to solve problems with our minds. Taking into account pro's & con's & making the 'optimal' choice. This can become an endless process (the monkey mind loves this) and lead to overthinking. Especially with age-old questions that can't be answered with the mind. We need our inner wisdom.

The heart, your intuition or gut feeling – no matter how you prefer to label it – is so much more than just an organ or a mere feeling:

"It's the creativeness of the universe speaking right through you. It's the essence of many people's spiritual and emotional wisdom and valuable guidance from deep within."

Ancient philosophers and scientists such as Aristotle and the Roman physician Galen considered the heart as the seat of thought, emotion, passion and reason.

In Chinese, the word for mind is best translated as heart-mind. Pointing out the two are inseparable.

Go with your gut", "Trust your instincts", "Follow your intuition" and "Listen to your inner voice." That all sounds great, right? If only it were that easy. With all the external noise and internal conflict, how do we listen to our inner wisdom?

Therefore it's beneficial to take time to be fully aware. To do less before doing more. Free the body from the busyness to see clearly. To rest. To place our hand on our hearts, place the question, and patiently wait for what arises, without expectations.

# DAY.20

Phrase of the day: 'Today I listen to my inner wisdom'

*Write this phrase in your journal.*

*"The mind is capable of the most beautiful creative works of art; it's the root of brilliant scientific theories and the origin of inventive solutions for complicated problems. But, the mind is also caught up within the boundaries of this physical life and the drama and fear that come with it. It can be hopelessly out of touch with your true essence, the source of wisdom emanating from within and the knowledge of who you truly are.*

*Your true heart is not subject to chaos or limited by pain, fear and neuroses, but is joyful, creative and loving. Some believe the heart can be too uncertain and even misguided, but that is the head talking! It is actually a source of great richness, and this wealth is one that cannot be squandered or lost. It is the core, the essence of your being, a reservoir of joy, powerful love and infinite compassion that lies within you." - Ed and Deb Shapiro, in Listen Up! Why Being in Your Heart is Better Than In Your Head*

## PRACTICE

Start your day with the 'INNER PEACE' meditation.

Today we invite you to take decisions with your heart's guidance. Breathe consciously with your hand on your heart. Ask your question. Wait for the advice your heart gives you.

Start with simple decisions, like what to eat or drink.  
What to do next? What to say?

**Optionally:** Ask your heart also the following questions

What is it I really need right now?  
What truly matters to me?  
What brings me joy?