

BEING IN MY HEART

Being and not being in my heart.
A positive and negative experience of life.

Words by Louis Bohtlingk

I would like to share an experience with you which started on my 73rd birthday, June 2023. In the days leading up to it, I became aware of the difference between being in my heart and not being in my heart.

I saw that being in my heart creates a positive experience of life and not being in my heart a negative experience of life.

When I am in my heart, I feel warm, welcoming, open, grateful, humble, happy, strong and energetic.

When I am not in my heart I feel unhappy, depressed, doubtful and questioning, have less energy and experience more separation from myself, life and others.

I witness myself being in and out of my heart all the time. I can recognise the different states which are the result of both. This is very helpful, because when I recognise that I am not in my heart, I can bring myself back into my heart quickly. Also because the states connected to not being in my heart, do not seem true.

I recognise both states as follows:

BEING IN MY HEART

Feeling the love
A positive experience of life
Supports love
A connected state
Happy
Elated
Approaching life
Confident in myself
Feeling good about myself
Constructive
Opening the heart

NOT BEING IN MY HEART

Not feeling the love
A negative experience of life
Undermines love
A disconnected state
Unhappy
Depressed
Withdrawing from life
Lack of confidence in my self
Feeling bad about myself
Destructive
Closing the heart

I noticed that the states related to not being in my heart, tend to distort reality and see things differently from what they really are. I have no question about the positive experiences, which come from being in my heart, as being real. As my wife, Sandra, always says: "The heart cannot lie!"

When I am not in my heart, I can think that what I am doing is not good enough and not beautiful, while in fact it is.

The heart is clear. It can see when I make a mistake or something does not look okay, but it does not drag me down. We all learn by trial and error and that is fine.

When I am in my heart, my whole body feels good and relaxed. When I am not in my heart my whole body feels different: more stressed and not at ease. HeartMath describes these as positive and negative emotions affecting our health.

When I am in my heart I care about the negative experience and respect it. I help myself to feel better. It is all part of the human experience.

In 1990, after ten years of assisting people with their state of being, I made a well intended joke: "How good we all are at feeling bad about ourselves." This led me to support and strengthen the beautiful part of ourselves.