

LIVING FROM THE HEART

A genuinely hopeful perspective for our future

Words by Louis Bohlingk and Doc Childre,
founder of Heartmath.

“Humanity desperately needs to resolve issues like war, income inequality, protecting our environment and more. I see us standing on the threshold of the heart, meaning that when we manage to apply our heart’s intelligence to the issues at hand we can resolve them. The heart is connected to an enormous resource of ideas and inspirations. I see our heart intelligence and the outward expression of that, Care First, as beacons of light guiding us toward a better, brighter future.” Louis Bohlingk



Dunnet Head, Scotland.

CREATING HOPE FOR THE FUTURE

It is my great pleasure to introduce Doc Childre, founder of HeartMath and author of the book "Heart Intelligence" (co-authored by Howard Martin, Deborah Rozman and Rollin McCraty). Doc Childre developed profound insights over the last thirty years into what the heart is and can do. In his book he writes about creating a hopeful future through heart-based living. Below I share insights from the book:

“As we practice heart qualities like love, care and cooperation, we can become architects of a new sense of hope. As we become more compassionate, more forgiving, and more eager to put the past behind us, this will draw more hopeful and intelligent solutions for the many seemingly insurmountable challenges we are experiencing.”

“As our hearts open more to each other, this creates a constant renewal of our sense of hope and optimism for the future. Hope is important but it’s time to start creating along with it, and not just wait for hope to put solutions on our doorstep.”

“A good first start is to begin expressing more care and compassion and bringing it to the street in our day-to-day interactions as the needed groundwork, then the rest will unfold. Our present global situation is not the same as a storm where we bunker down and wait ‘til it’s over, then go back to business as usual. The ball is in our court, as we are all players in the outcome.”

We are in a transitional period and it won't last forever

“It obviously will go on for a good while until more of us decide to open our hearts to compassionate care and create a different world from what we’ve created thus far. Eventually our hearts will have had enough of the old and want to pioneer these new changes.”

“People have just scratched the surface of awareness regarding the focused power of love and its capacity to create a heart-based environment—one where individuals can progressively transform fear and the debilitation it brings, while manifesting their undiscovered gifts and fulfillment.”

COLLECTIVE COMPASSIONATE CARE

“Many are sensing that collective, compassionate care is emerging to become the next level of love that humanity is transitioning into. This transition is calling for heart-based choices.”

“Learning to access our heart’s intelligence for discerning choices and directions will eventually be accepted as common sense. Heartfelt interactions between our own mind and emotions and with each other is the foundation for people of different races, religions, politics, and beliefs to get along harmoniously.”

“As more of humanity practices heart-based living (or heart-first living), it will help qualify the “rite of passage” into the next level of collective intelligence.”