



## **From the Head to the Heart**

### **A LITTLE EXERCISE**

We often hear about a move from head to heart, and it can be difficult to comprehend what this is really experientially referring to.

This shift is often spoken about in relation to freedom, in relation to knowing oneself more fully, more truly, so it's quite an important aspect of self inquiry.

Here is an exercise to demonstrate what the shift is referring to quickly and simply, so let's give it a go.

For the sake of the exercise you'll need to drop into one of your feeling experiences - let's play with this one for demonstration purposes ...

"I'm really quite upset" (replace it with one that is more applicable to you).

Pick whichever experience comes most easily in this moment and really embody it, repeat it a few times, loud and clear in your mind and really feel it.

**"I'm really quite upset!"**

Close your eyes and really feel what this experience feels like, it shouldn't be hard, it's part of your experience after all.

Next, instead of directing your attention 'outwards' towards the story of what happened or the actual feeling sensation, direct your attention 'inwards' towards the one who is experiencing the feeling of being upset.

### **THEN EXPLORE THE FOLLOWING QUESTIONS**

- Who or what is it that is upset?
- Who or what is this 'I'?
- Do story and sensations share the same 'I'?
- Who/where is the one that is upset?
- On who's behalf is the upset arising?
- Can thoughts, the body or sensations themselves be upset?
- Can awareness be upset?
- What is it that is upset?

### **Until you find out - just stay with feeling upset!**

Finally focus on the one question ... where or who is the one who is upset ... instead of giving your attention to the story or the feeling/sensation!

Then clearly see the non-existence of the 'self' that is feeling upset!

Now, here's the moment of shift, don't think about the answers to the questions, maybe you just drop into Being!

I hope you found a moment of resting in Being. A drop from the head to the heart.

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