

Getting to know your spiritual heart

Spirituality is a shift into the knowing of your heart — not your physical heart, but the inner, spiritual heart that represents all the ways of knowing that take place beyond the rational mind. The spiritual heart can transform this ordinary world into a heavenly realm.

Your spiritual heart is a nonphysical space of communion with spirit that is also your:

- **Seat of intuition:** This intuition comes from a deeper way of knowing than has been captured by scientists and psychologists. Through intuition, your spiritual heart guides you to move in harmony with the universe.
- **Realm of unconditional love:** To the spiritual heart, every person is a brother, sister, mother, and father. But unlike many worldly relationships, this flow of love can't be squashed even if someone acts against you. When you have true unconditional love, your vibration of love and the universal vibration of love become one — because universal love is inherently unconditional.
- **Abode of inner peace:** When peace begins to make its home in you, it is like a still lake after a thunderstorm — the air is gentle, yet vibrant and fresh. When you're in touch with your spiritual heart, even when you become frazzled from the storms and challenges of life, you can find your way back to the lake of your own inner peace. You can take a dip in the refreshing waters that flow within your spiritual heart.
- **Ocean of contentment:** The spiritual heart knows that true happiness doesn't come from outer objects, people, or events. Things and people can bring little blips of happy feelings, but the contentment of your spiritual heart is much better. Inner contentment may not always be as exciting or dramatic as having outer desires and passions fulfilled, but spiritual contentment becomes your soothing companion during easy times and hard times, and on both stormy and sunny days.