

# Empower Yourself - Part 1

## Follow Your Heart

What does follow your heart mean? Simply put, it means when you get an intuitive urge or feeling to do something you will enjoy (or not do something you will hate), do it!

The easiest way to describe "Follow Your Heart" is by giving you an example and then I will break it down so it will be easy to comprehend and you will easily be able to apply the process.

After my divorce I wanted to buy my own home I looked at houses and decided which one I wanted, even though I had no money to purchase it.

I had chosen a seven bedroom, three bathrooms home because my intent was to rent rooms to pay the mortgage and also provide income to help support my daughter and myself. I did not have the \$20,000.00 down payment the bank wanted, and I was only making \$6.00 an hour because I had been out of the work force for 13 years. I didn't know where the money would come from.

All I knew was I didn't have the money and I didn't have enough time to earn it, because I wanted the house now. I got on the phone and started phoning relatives; asking aunts and uncles, "Can I borrow \$20,000.00? I'll pay you back. I'll sign a promissory note at a lawyer." I had just finished talking to the eighth relative and, after being rejected that many times, I was feeling quite sad and depressed.

While I was looking at my list of numbers to call, the phone rang. It was an aunt phoning to ask how I was and what I was up to. I told her, "I've been phoning relatives to try and borrow \$20,000.00 so I can buy this home." I told her about my ideas for renting rooms. By the time I hung up, this marvellous aunt said, "A cheque will be on its way to you in the morning." I was in tears of gratitude! I was so exhilarated at my success and I got my house within 2 months.

This very simple process clearly defines how I followed my heart and I will explain clearly what went on; I felt it was time to own my own place, I felt it would be good to have renters to pay the mortgage, I felt it was a good idea to phone relatives. Following your heart is listening to the intuitive guidance, the gut feeling we get or simply

the FEELING of what we truly desire in our lives. What feels good to you?

1-DECISION - I decided to "Follow my heart. " I wanted my own home and I also decided what I wanted the home for- to earn income to help pay the mortgage and live in with my daughter.

2- ACTION - I took action and had a realtor take me to see houses. The first house I looked at was the one I bought. Even though the realtor insisted I look at other houses, I did not want to. This let the universe understand I was serious and 100% committed to my decision.

3-LISTEN - I listened to my intuition and then acted on the feelings I was getting in the order I got them; looked at houses first then found the money. Most people think they need the money first.

4-ALLOW - Be open to the opportunities that arrive; what if I did not have the courage to tell my aunt what I was doing, after all her name was not on my list.

5-STAY OUT OF YOUR HEAD - This is a vitally important aspect of following your heart, because as soon as you allow your head to get in the way of your heart, it can quickly sabotage your desire. You will easily recognize when you are in your head as it will nag you with all the reasons why you can't have your dream; "Where will you get the money? Who would trust you with that? What if you can't find good renters?" This is great because, guaranteed, the head is in direct conflict with the heart and this is how you understand your heart is trying to be heard.

6-GRATITUDE - Recognize the results, notice what you have received, enjoy the outcome, and be grateful. Say, "Thank you, more please." Following your heart is very simple, keep it that way.

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