

Heart Space / Head Space / Gut Space Harmony

Heart Space Harmony

- 1) Moving from the Heart Center to the Head Center begins the process of moving the personality away from subjectivity and emotionalism.
- 2) In the Head Space the personality finds relief in the gifts of the Feeling Center which allow the space to move from reactivity to patience and wisdom.
- 3) Once the mind and heart are no longer in opposition, the personality finds refuge in the Body Center where Reality transcends mere feeling and thinking.
- 4) Finally the personality returns home with an ability to love out of Truth without expectation or attachment.

Head Space Harmony

- 1) Moving from the Head Center to the Gut Center begins to ground the intellect in reality; you cannot find this harmony by staying in your home center.
- 2) Once the mind is stabilized in the body - clearer, more objective thinking can result.
- 3) Then, the movement to the Heart Center can expand the limited self to begin including all essential relationships.
- 4) Finally, the Head Space personality returns home having experienced Great Mind which allows for the gifts of the intellect to be clear, focused and of service.

Gut Space Harmony

- 1) Moving from the Gut Center to the Heart Center begins the process of moving the personality away from stubborn control and unproductive anger.
- 2) In the Heart Space the personality learns that empathy and peace only develop in relationship with others.
- 3) In the Head Space the personality finds the need for a different kind of wisdom that is neither arrogant or controlling.
- 4) Finally, the Gut Center returns home with the strength and stability to engage the world and self with trustworthy instincts.