

FEBRUARY 12

The longest journey you will ever take is the eighteen inches from your head to your heart.

—Anonymous

Connecting From the Heart

Do you find it easier to have an intellectual conversation with someone than an honest, open, and heartfelt one? If so, you're not alone. Many of us struggle with intimacy, yet we long for it—it is our most powerful need. I worked in higher education for fifteen years, so I understand the safety in talking about things from an intellectual perspective. I also truly enjoy conversations with bright, well-read people that stretch my intelligence and outlook. Such conversations meet my needs for learning, challenge, and mental stimulation. Shifting my focus and connecting from the heart, expressing my true feelings to others, even if I think they might not like me afterward, takes courage. But it is very satisfying. I have never experienced anything more intimate than deep connection with another person. As I have focused on my need for connection, I have created freedom in my life. I no longer have to hide, pretend, or justify myself, and I am surrounded by loving people. This freedom has opened the floodgates to let compassion and love flow from me. It is a blessing.

Take the opportunity to meet your need for intimacy by being fully authentic with at least one person today.

