

THE SINGING HEART EXERCISE



Anyone can take many different personality tests; however, these only tell us how our brain functions and patterns itself. The “Singing Heart” exercise helps us identify a little bit about our internal guidance system, which I refer to as the “singing heart.”

Think of the “singing heart” as that deep, innate being that guides you. Some call it spirit, universe, God, or the Holy Spirit. Whatever your construct of belief is, we all still get back to that inner whispering voice. It chatters with our mind, and our mind then tells our brain how to react.

This exercise is about finding out what makes your heart sing. That innate being will always serve us to find our highest and best good. It’s a wonderful guidance system, and if we simply know what makes it sing, we will be able to find our joy.

My suggestion is to use it so you can follow your joy. When life provides you with experiences or curriculum where there is no joy, simply know that it’s an external experience, and you are feeling that way because the situation does not align with your innate inner being—your heart. This will provide you with a different perspective as you go through life. You will begin to use your emotions as a guidance system and be gifted an opportunity to exercise emotional intelligence and keep your eyes on your soul-singing events. Nobody goes through life with all their experiences 100% aligned with the heart all the time. So, take some time to understand what really makes your heart sing, then observe your life and choose a path to that which brings you joy.

This exercise is one that you can do by yourself or ask your coach to facilitate. Start with the far-left column and list three things. Then go to the second column and again list three things. Next, do the same for the third column, fourth, and fifth.

What you will have are stories about when your heart sings and stories about when it does not. Have a coach help you reflect on what you learn from this exercise. What is it that you need to be aware of?

#1 These things make my heart and soul sing. I experience joy, peace and anticipation of the day.	#2 These are the feelings when my heart and soul are not in alignment with the external world.	#3 These are the stories I experienced in physical reality that make my heart/spirit sing . (Examples)	#5 My feelings with this negative story were: