

Wake Up Call #10a

Heart Thought

Today's wake up call is a great way to think with your heart. Our goal will be to integrate head thought and heart thought, but primarily lead from the heart.

This is brought to you thanks to Lisa Miller, from her book, *The Awakened Brain*. In a chapter called "THE TWO MODES OF AWARENESS" she writes about the difference between having a day where you are only paying attention to what you have to get done or achieve. She calls this an *achieving awareness*. The other mode of awareness involves waking up to what is happening all around you. She calls this an *awakened awareness*.

"As a result of this awakened awareness, our eyes move to meaningful events. In achieving awareness, the stranger who starts talking to us on the bus might be annoying or intrusive, or just invisible. In awakened awareness, we might hear what he says—and even see how it's relevant to our own lives" (Miller, 2021, p. 165).

Then, in another one of Lisa's chapters called "INTEGRATION IS KEY", she describes integrating both your awareness to achieve and to be awake. She calls this orientation, the Quest Orientation, like you are on a gallant quest to find something. She writes:

"Quest orientation is characterized by a tendency to journey in life: to search for answers to meaningful personal decisions and big existential questions; to perceive doubt as positive; and to be open to change, or more accurately, open to perceiving with fresh eyes, and then using new experience to fuel change. In quest, we

open ourselves to the messages from life, take seriously this discovery, and then actively use learning to shape our decisions and actions—our personal operating manual" (Miller, 2021, p. 169).

So, here' the wake up exercise I'm recommending today. In the next week, try this exercise, if necessary, several times. Maybe it will work right now! Do you have any annoying or intrusive situations in your life? Well, as my wife says, "Turn that little frown upside down." Let's try to turn a "doubt or downer" to at least consider that this problem can be used to fuel change. Ready? Ok, right now, picture one of your problems. Is it something financial, health, or a relationship? If nothing comes to mind, picture it later.

Next, clear out your lower awareness of it and wait ... Can you see any way this could be used to fuel a change or a learning experience? Then, for this next week, use Lisa's "quest orientation" to catch yourself several times a day with "doubts and downers" and look for life's deeper messages.

That's it! That's the whole exercise. I'll see you in one of those tomorrows.



References

Miller, L. W. E. S. (2021). *The awakened brain : the new science of spirituality and our quest for an inspired life.*