

Living with an Open Heart

L.C. Joy Bell C. said... "The most adventurous journey to embark on; is the journey to yourself, the most exciting thing to discover; is who you really are, the most treasured pieces that you can find; are all the pieces of you, the most special portrait you can recognize; is the portrait of your soul."



So often, with such busy lives, we function from a rational standpoint. What we think is logical is what we do, with little consideration for the rumblings deep inside, about what we long for and dream for.

When we dream, our longings can emerge as common themes. Also, our day dreaming can give us clues to the path of our heart as well. But often we do little with either of these clues that arise in our daily lives as we're busy and tired and many things vie for our limited attention.

So, what is the path of your heart? How do you live it and follow it? How do you remain open-hearted, even in the face of betrayal and loss of love?

Our heart path is a way of life that inspires us, thrills us and encourages growth. It is stepping into ourselves, stepping into the self we were born to be. Who were you when you were younger? What did you love to do? What were your dreams for your adult life? How different is your life now?

The way we arrive at the current place in our lives, is by a series of decisions. Left, right, left, left, right, yes, no etc. We are often taught from a very young age, to avoid making 'wrong decisions' at all costs. We become afraid that our wrong decision will deprive us of something; friends, success, happiness or love for example.

I am the eldest of four girls. Being the eldest can often mean being compliant, the rule keeper and the good girl or boy. I was all those attributes at a kid and found I just wanted to please others as I grew up. So, my ability to make decisions that were good for me and that led to a satisfying, thrilling life, were almost impossible! I had to start really small in transforming my ability to follow my own truth, my heart path. This involved also involved changing my ability to say 'no' too. The reason for this is because I became so out of touch with who I was and what I really, really

wanted through just constantly saying yes to others or being unable to consider what I wanted or how I really felt.

One of the first ways was to say no in a pure way. Just 'no'... it felt all scary and hard or like I was hurting people's feelings, or I'd be rejected. But I started doing it, I started telling people the truth about who I was and what I wanted and what my deepest dreams and desires were.

As time progressed, it felt a little easier. I realised I could actually live with people's disapproval or disappointment, when I said no. And at times I could say no, without 'no...but' or 'no, I'm really sorry...' etc. What I also found, was that the more I said no, the greater my sense of who I was and what I wanted, on a deeper and deeper level. I was descending through my perfunctionary, good girl 'yes' answers to a more real version of myself. My real feelings, my real thoughts, my real dreams... free of all the 'shoulds, oughts and musts'.

A few years ago, I was working through a small life coaching book and from it I developed my "Absolute No" list.

Below is a list of examples, to understand how to do this for yourself.

I WILL NO LONGER...

- Attend events that require hours of idle chit chat
- Tolerate or participate in gossip
- Deal with difficult situations alone
- Hire anyone, be it a dentist, doctor, lawyer, healthcare provider etc. who treats me with disrespect
- Let social norms dictate what I should be interested in; be in art, clothing, music, my personal opinions etc.
- Feel bad about saying no, when no is best for me
- Work with disrespectful people
- Feel guilty when I spend money, I will not live a deprived life
- Neglect my own needs, because others have opposing needs or opinions
- Listen to others self-limiting fears and opinions, about what they think is good for my life

My question to you, is what do you need to say no to today? As you can see from the list above, it's not always saying no out loud. Often it's setting a new precedent in living life very differently. Self-respect is a big factor in all of this xx

"How will saying 'no' today, make more space for beautiful you?"

We all need to start small. So now I want you to think of just one aspect of your life where you need to face your fear and say no to something. Can you love yourself enough to do this? It's about increasing your self-care, living close to your heart and finding the path that sends tingles up and down your spine, because it feels so true and right and encapsulates so much of you and your dreams!

Do it today. What 'no' can you say? It's so ok to say no, it creates space for you and what you want to say 'yes' to in the future. It's respectful, it's mature and it's taking full responsibility for your life! Exciting!

Part 2

So we've been discussing what it means to have an 'open heart'? Aren't we all open? Isn't leaving our house in the morning through our front door, an indication that we're willing to be involved in life with an open heart? Not necessarily.

I love these two quotes about living with an open heart...

"Living with an open heart is all about holding space for ourselves so we can respect who we are, heal and find even more space in our bodies where we can open up even deeper."

— Melissa Trentadue

"To live with an open heart is to remember that the essence of our true self is LOVE. We must forgive, heal and feel the depths of our emotions before we have the space to connect deeper and higher. This open-heart space is where we reflect divine love and light for each other!"

— Andrea Keh

When we've been hurt badly over and over again it's so easy to build walls around your heart. Maybe you have a lot of walls? So many walls of protection that you say

'no' to so many opportunities out of fear of being 'touched' or in contact too closely with others?

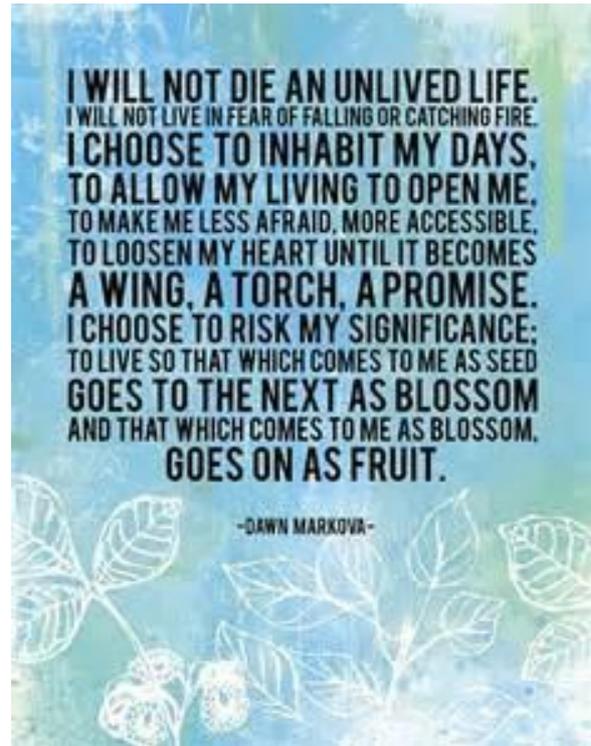
I went through a tough marriage breakup a few years ago. There was a lot of judgement, criticism and rejection that came my way. It hurt so deeply, but I thought I was doing ok until I was talking to a counsellor and told her I kept having visions of crowds of people trying to get closer to me... but I wanted to hold them all at bay (with a big stick lol!) I didn't want to be touched. I wanted to be around others but not too close, so they couldn't reject or criticise me as had happened in the past.

Our hearts are beautiful and fragile. My heart had broken, and I had to learn to allow people to come close again. This took great courage and much time in me learning how to trust myself and others again. I had to be gentle and not force myself, but to just slowly open up and know the truth about who I was... that I was in fact beautiful and special and worth loving. Other people's rejection of me was more about them, than me. I had to understand how to not personalise it.

Learning to live with an open heart again has been a steady process of being brave and saying 'yes' to life over and over. As I mentioned before, I had to learn to say 'no' and have boundaries as a part of this process. This allowed me to make space for my heart to expand again... we need both. We need to be motivated by love, both towards ourselves in caring for what's important to us and also by allowing love to motivate us and give us hope. Hope that we can live the life of our dreams and hope that the opportunities that we dream of are really out there and we can find them.

Let your life be motivated by love and an open heart today. Be your best friend, love yourself fiercely and passionately and be surprised at how your beautiful life unfolds
xxx

My challenge for you today is to spend time with loved ones or reach out and make a new friend. Allow yourself to be 'touched' by others in this beautiful fabric we call life. No-one is perfect and the more you embrace yourself and accept yourself, the more you'll be able to let others come close and know the real, precious you. When we live with an open heart, we're much more likely to find the love we deeply desire and to feel the love of others too.



*"When you open your heart,
your whole spirit expands.
You attract the life,
and love, that you want.
You are not vulnerable;
you are generous, and you are grand"*

- Elizabeth Crisci

Ways to work with me:

- **Soul Portraits** are spiritual intuitive paintings, to bring forth a profound message for your soul; a heart opening, an aligning with the greater purpose of your life. If you're in need of inspiration and Soul recognition today, read the exciting success stories [here](#).
- **Vibrant life-affirming original art** to inspire your world and brighten your day. Click [here](#)
- **Resources** [here](#)
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"As a surprise for my 50th birthday, my dear husband arranged a Soul Portrait by Alli. Armed with only my favourite colours, Alli went to work on applying paint to a new canvas and just turning it while she allowed her intuitive impressions to arise for me.

On the big night of my celebration, I got such a surprise to receive this gift! When it was unveiled, there was an audible gasp of wonder from the crowd, at the beauty of the painting.

Alli had created a Soul Portrait she called "The Sheppardess". This woman, the Sheppardess, was holding a crook, surrounded by flowers beside a tree with a Robin Redbreast perched in the branches. All of these images were very significant to me. I was so surprised that Alli had intuitively

tapped into what held deep importance in my life, with no previous knowledge of these facts.

The artwork is hanging in my bedroom now and every day I see more of the deeper meanings, which brings so much joy to my life and sets my soul on fire!"

Thanks, Alli and Jude for my wonderful gift"

Daisy, Harrison ACT Australia

More about me here:

www.diilhami-art.com

www.instagram.com/Diilhami

www.facebook.com/soulsplashingart

www.etsy.com/au/shop/Diilhami

Alli xxx

