

## CALL OF YOUR HEART & SOUL

**Joyce Gerrish, M.A.**

What calls to you in your heart and soul? Take time to listen. What do you yearn to accomplish in this life? What gives you heart felt meaning? What do you want to contribute to the people and world around you? The answers are in your heart and soul. No one else can tell you. I believe that everyone comes into life with a sense of purpose. We have a special gift to share with the people and world around us. It may be our warm loving manner that helps people believe in themselves. It may be our inspired ideas that spark people's imagination to create something needed in the world. It may be our leadership ability to inspire other to join us in action for a worthy cause.

The Earth is going through tremendous change and transition now as we see all around us every day. People in all walks of life are wanting to have their voices and needs heard. I feel that it's important that we help move this planetary shift toward positive directions and outcomes - -that we help foster hope and a better life for everyone - - not just for some.

Even if we've been on a career path for many years, we may feel something stirring within and calling us to explore some new beneficial extension of our work, or a next step. Feel it! Let your heart and soul speak to you. Your unique wisdom and skills are needed to help bring new joy and hope and meaning for yourself and for those around you.

The work I do is helping people get in touch with their higher consciousness, clear away old doubts or fears that may be holding them back, and open to what they sense in their heart is the next step that is beckoning them to a fuller more meaningful life. A person may ask, "How does one do that?" In the following paragraphs I will share insights concerning this process.

There are various levels of consciousness within the human psyche. First, let's consider the subconscious. One aspect of the subconscious relates to the autonomic nervous system maintaining the intricate functioning of our physical body such as breathing, heartbeat, digestion, and all else. That frees us from having to think about how those bodily functions operate. Another aspect of the subconscious is our emotions and thoughts that we for various reasons choose not to acknowledge consciously. Hence, we put them in storage and temporarily under lock and key. This is not a permanent fix, but it at least allows us some time to bring healing for the emotions involved until we are ready to accept them and deal with them



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constructively. It might be many years later before that time arrives, but it is emotionally freeing when it does come. The contents of the subconscious affect our feelings and mind even though we may not be aware of them. Upsetting emotions held repressed in the subconscious can cause us to feel an ongoing low level of depression, anxiety, fear, or lack of confidence - - without knowing why. Many people go through life that way feeling that it is inevitable, and nothing can be done about it

except to perhaps take some kind of medication. The medicine may seem to help a little temporarily, but there tend to be side effects that may not be helpful in the long run.

Those repressed subconscious emotions can detract from daily effective functioning at work or play and from higher consciousness. Those repressed emotions can be let go of with a good energy therapist. There are numerous techniques that work well. To a certain extent it is a matter of calmly looking at that they are past and over. The old emotions are held as energy blockages in the aura energy field. When beginning the "letting go process," before each healing session it is important to lift your

consciousness with meditation or uplifting music or some other inspiring activity. That helps loosen the grip of the old heavy feelings. People who are sensitive to energies can feel the heavy old energies when they are moving out. There may be some residual emotion experienced as the old repressed emotions exit, but it is usually brief. The residual old emotions are normally only coming up to be let go of, not to hang around. It may take several healing experiences to completely let go of some old traumas. With patience, though, they can be moved out and healed.

Our everyday practical conscious awareness allows us to do our daily work, take care of ourselves and others, and do the things that we enjoy. It is measured scientifically as beta brain waves. In addition to the subconscious(Continued next page)

(Continued from previous page) level and the beta brain wave level of everyday awareness -- there is the alpha level of brain waves which is experienced during peaceful relaxation, light meditation, and in energy healing such as Reiki. It is important to know that consciousness is more than that which is experienced through the brain and measured as brain waves. The brain and consciousness are not the same. However, knowledge of the brain waves during different states of consciousness can be helpful.

We come into life on planet Earth as a conscious soul, and we inhabit a tiny physical body as a baby. Early life involves getting used to coordinating our movements in our physical body and utilizing the senses of sight, hearing, touch, taste, and smell. It also involves getting used to coordinating thoughts through the brain and communicating them to others. That is a big achievement for a toddler. As children grow up, they tend to gradually come to think that the thoughts coming through the brain are all there is. They often ignore anything beyond that. In truth, we have a wealth of awareness beyond the brain which tends to get ignored. We usually get programed that way by our family or friends or teachers. Anything beyond the brain is often termed imagination or day dreaming. This is sad, for there are great riches in our awareness beyond brain logic. This would include flashes of intuitive insights and creativity and inspiration.

Let's look further at higher consciousness or spiritual consciousness. This is a fairly high subtle type of awareness. It has traditionally been considered the property of inspired spiritual leaders, prophets, and saints -- and not something to which normal people would aspire except in rare "mountain top moments." The truth is that higher spiritual consciousness is potentially available for all of us if we choose to seek it. That involves giving oneself quiet time every day to still the busy brain and focus within. As the brain and mind quiet, more subtle awarenesses begin to be sensed. This may be experienced as profound peace -- "peace which passes understanding." In that state of tranquility and stillness of mind valuable insights may surface in the consciousness with solutions for challenges in one's own life or to help solve problems on a broader scale around one. Life can begin to flow more smoothly. There are definite approaches to opening higher consciousness that can be facilitated by an experienced teacher/guide.

At this point of spiritual development, there is more spiritual power energizing one's thoughts and actions. This gives one the capacity to help initiate needed improvements and reforms. This can be the "food" of genius. It can spark inspired writing and speech, ideas for valuable scientific inventions, creative arts, and breathtaking music. Poets, artists, musicians, authors, and philosophers past and present often refer to this capacity as their "muse" from which their creativity flows. In short, the consciousness becomes expanded in numerous ways.

This is all a blessed journey that is potentially open to all of us. Life on planet Earth is changing and evolving. We all know how rapidly life and technology are transforming all around us. This isn't likely to slow down soon. Sense in your heart what you feel inspired to contribute to help lift the lives of people around you. We can all have a crucial part to play. Take time to lift your consciousness above the mass mind which is often full of stress or confusion. Find what helps you center and renew -- such as meditation, prayer, peaceful music, or nature. Find that place of peace and clarity where valuable insights will come to you. Explore how you can plug in your skills, knowledge, experience, and vision to assist in the healing of our neighborhoods and cities and planet Earth. We can all work together for the highest good of all.

**BIO: JOYCE GERRISH** has a Masters Degree in Human Development and is a Graduate of National Institute of Whole Health. She has extensive training and decades of experience teaching numerous natural healing modalities including Reiki. She is author of the book "Secrets of Wisdom -- Awaken to the Miracle of You" and is publisher/editor of the Natural Living Journal. Guide for Higher Meditation/Higher Consciousness, Coach for Moving into Next Step and Actualizing Your Goals. You may wish to visit [www.joycegerrish.com](http://www.joycegerrish.com) website and the meditation audios there. 812-566-1799