

## Part Two: Empowering the Heart (1st half)

Pages 33–60

### KEEPING IN TOUCH

- How was your week?
- Does anyone have a new realization about the heart to share?

### 1. Connecting with Compassion

What are some of the differences between compassion and sympathy? (pp. 35–37)

- ◆ Empowering vs. smothering
- ◆ Victim vs. facing reality
- ◆ Short-term comfort vs. long-term growth

How can you know for sure if it's compassion or sympathy? (p. 38)

- ◆ Energizing vs. de-energizing
- ◆ Other ideas?

How do sympathetic relationships breed codependence? And how is this unhealthy? (pp. 38–39)

- ◆ Self-worth issues
- ◆ Caring issues
- ◆ The illusion of being “nice”

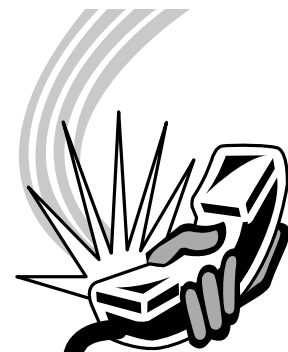


What is the spiritual perspective to forming good relationships? (pp. 39–40)

### 2. Build a Momentum

What happens when loving is a habit? (pp. 41–44)

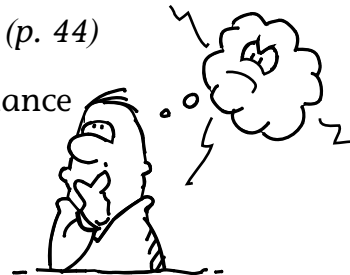
- ◆ Flows spontaneously
- ◆ God's hot line for loving action
- ◆ Gates never close, even in extraordinary circumstances



What does a magnanimous heart look like at spiritual levels?

What about a heart so self-absorbed that it cannot give? (p. 44)

What is it that empowers evil and affects the spiritual balance of the earth, and how can this be changed? (pp. 44–45)



### 3. Nurturing Yourself

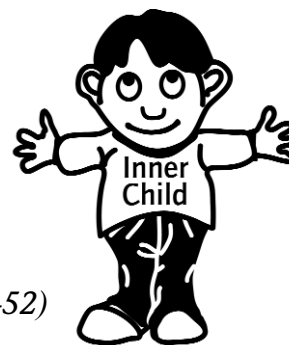
Why is it important to love ourselves? (pp. 46–47)

- ◆ Worthy to go higher
- ◆ Misguided peers, family or others
- ◆ What else?

Why do spiritually-inclined people tend to have difficulty nurturing themselves? (pp. 47–48)

How can you enhance your relationship with your soul as the inner child? (pp. 48–50)

- ◆ Unfolding potential vs. mistakes
- ◆ Ideas?



What can happen if you don't listen to your heart? (pp. 51–52)

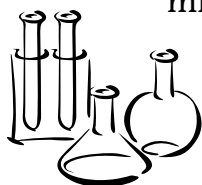
- ◆ Fulfilling “Love thy neighbor as thyself”
- ◆ Gautama’s bodily mortifications

Why is loving and nurturing yourself better than looking to others for love? (pp. 52–54)

- ◆ The trap of idolatry
- ◆ Taking responsibility

### 4. Educating the Heart

How is the fusion of wisdom, love and divine will important in this new millennium? (pp. 55–57)



- ◆ Wise choices in technology and science, like genetic engineering, etc.
- ◆ Confucius on developing the heart and world order

How does educating the heart allow for the fulfillment of our spiritual potential? (pp. 57–58)

- ◆ Inner faculties
- ◆ Soul's capacity to journey beyond herself
- ◆ Other thoughts?

Do you think we are teaching our children to attune to their hearts? (pp. 57–59)

- ◆ Mentoring vs. monitoring
- ◆ Indwelling spirit as teacher



What does it mean to be a living transformer of love? (p. 59)

- ◆ Sensing what others need
- ◆ Alchemical formula of the heart
- ◆ Personal examples?

## 5. Making It a Reality

Simple things can help you connect with your heart on a daily basis. Repeating the prayer from last week can help set the stage for you to build a momentum of love.

Close your eyes and feel the spiritual presence within you. Choose a situation where you would like to be more attuned to your heart. Then give this prayer devotionally for a few minutes.

### Heart Centering

Pages 14–15



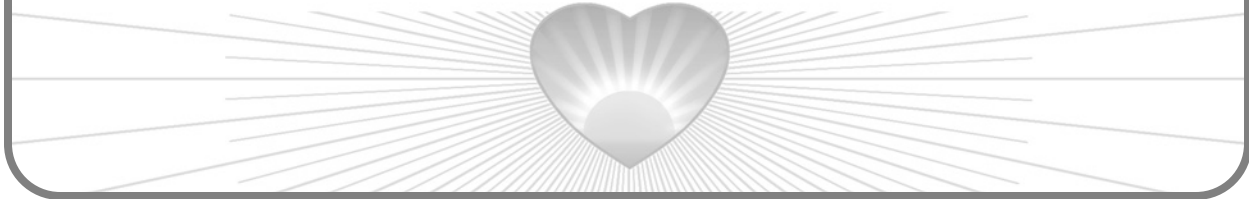
O Divine Presence,  
Let me see as you would see,  
Hear as you would hear  
And speak as you would speak.



# HEART PERSPECTIVES WORKSHEET

## Part Two: Empowering the Heart (1st half)

*Love is a creative force and power...  
What will I create?*



### Self-Reflection and Discussion

Use these exercises and practical techniques to increase your capacity to give and receive love. Create your own alchemy of the heart!

### CONNECTING WITH COMPASSION (pp. 35–40)

**Apply the lessons of compassion.**

1. In your interactions with others, what have you learned about the empowerment of compassion vs. the stifling and de-energizing nature of sympathy?
2. How can you apply these lessons in your current relationships and interactions?

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**Assess the quality of your relationships.**

*Make a list of the key relationships in your life now.*

1. Is there anyone you are overly concerned about or anyone who is overly protective of you?
2. Is there anyone you need to support in a more compassionate, empowering way rather than a sympathetic, dependent way?




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**BUILD A MOMENTUM** (pp. 41–45)



**Prime the pump.**

1. Are there challenging circumstances in your life that you can use as opportunities to keep love alive?
2. What exactly can you do to keep up a momentum of love in these situations?

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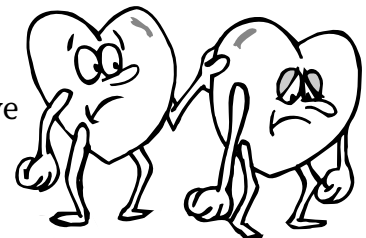


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**Give a transfer of love.**

*Reflect on your interactions with others today.*

1. Was there someone who needed a transfer of love from your heart?
2. Did you take the time to meet that need?
3. If not, how can you now provide the love and support he or she needs?




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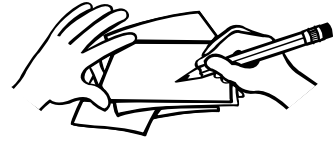
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### NURTURING YOURSELF (p. 46–54)

Make a list of what you love about yourself, and/or ask others what they appreciate about you.



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What does your heart tell you that you need *right now* to be more balanced and at peace?

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If you only had six months to live:



1. What would you focus your time on?
2. What would your goals be?
3. How would you live your life?

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1. Are there any boundaries that you need to draw to nurture yourself so you can better nurture others?

2. How can you lovingly communicate those boundaries to others?

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### EDUCATING THE HEART (pp. 55–59)

Think about a situation in your life right now where you are a teacher.

1. How can you better use that opportunity to guide and mentor rather than to control?
2. How can you creatively find new ways to educate the heart as well as the mind?

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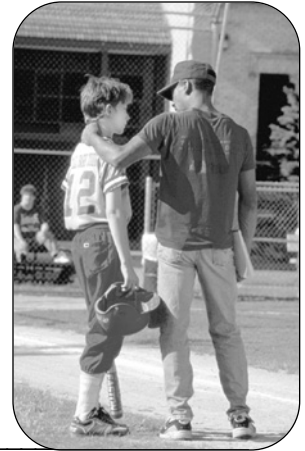
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If you are faced with a problem that seems to have no logical solution, write it down below. Then go into your heart and ask your Higher Self to activate the divine intelligence of your heart and reveal the answer you are seeking. Be patient, as the answer may take time to unfold.

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