

THE HEART KNOWS WHAT THE MIND CANNOT SEE

by Toby Negus

EXCERPT

The workings of the mind have been mused upon throughout the centuries, and thousands of beautiful writings have been created about it. But for most of us it can still remain a distant friend and, at times, an unruly partner. Yet the attitudes that it carries effect deeply what does and does not happen in our life. It is the creator of our thoughts and the gatekeeper to the world. It can make a rainy day happy and a sunny day sad. This section on the mind is in five parts.

The relationship between thinking and emotions. Feelings are the power that flows along the circuitry of associations I have about what I think goes with what.

Memories: How the mind uses memories to give life its narrative. My memories are powerful and will bend the truth of what I see into shapes that fit the comfort of my assumptions.

How the beliefs that we carry constitute our Law of Attraction. What I think because of what I see depends on the beliefs that are in residence at the time.

The reason why: The why-we-do-what-we-do is the power behind the act. They are the meaning in a look, the authority behind the words. The why we do what we do may not always have words but, it will always have a feeling of a meaning.

Will: How the mind uses willpower to enact the beliefs we carry. Will is the part of the mind that chooses who I will be from the meaning I have about what I see and think.