



The Mind Opens only when the Heart Opens

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Opinion

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The mind can think and reason whereas the heart is an organ that helps reveal one's attitude, emotion, and character of his/her particular kind. If we say that someone is of a particular kind at heart, we mean what the person is really like, even though he/she seems to be very different. When the heart is set on something, the mind tends to work upon it and bring it into action. Mind actions only because of heart and the kind of action performed depends only on the kind of heart.

The heart is present in every person but the way of feeling depends on the quality of the heart. The heart is a chamber of purity and feelings. The best and the most beautiful thing can never be touched but can be felt only through heart. Time once lost cannot be regained. So, a waste of time should not be done. Commoners should have the courage to follow their hearts and intuition. "Lose no time, be always employed in something useful". The secret of success lies in bringing heart, mind, and soul amid even the smallest acts.

Human struggle is composed of two conflicting thoughts in mind- either to do the right thing or to be selfish. It is opened through the heart by the inner struggle. If one asks the question: "Are you a good person?", the evil one is more likely to answer that he/she is good. Whereas the good person answers that he/she is not so good by pointing out some of his/her faults committed in life. This shows that the evil one always argues that he/she is right and doesn't bother trying to be good, so he never struggles. In contrast, the person who tries to be good knows how tough the job is! He/she always strives for a higher level.

Every person has two hearts: One that loves to do the right thing and the other prefers to be selfish. One needs to develop an awareness of the struggle going on inside themselves. The thoughts enter the mind and the one who develops the habit of going by the heart which loves to do the right thing achieves greater things in life and becomes immortal. In contrast to this, the one who prefers to be selfish, which is the wrong way leads to his/her downfall. Mind is a heart's follower. One refers to someone's mind only when talking about the thoughts of that person. The thoughts processed by the latter are followed because of his/her heart.

The clear-cut distinction between heart and mind is as follows- When one attends to the mind, one is concerned with the thinking process and one makes use of his/her knowledge. Similarly, when one speaks of the heart, one thinks of feeling and emotion and one's ability to activate the mind for its usage. If we examine this more closely, we will find that we are leading our lives according to our feelings and that our thinking is dependent upon our feelings. This explains the major part that the mind opens only when the heart opens.

The heart is the storehouse of many types of emotions likewise the brain is the storehouse of knowledge. Emotions create movement and action. They generate energy during the presentation. Logic plays the role of creating a foundation for emotion. Our inner personalities require more emotion and less logic. In most situations, people react based on emotions, and then justify their actions with logic and fact. "A message that is completely based on emotion will often set off alarm bells on the logical side". On the other hand, a logical message with no appeal to emotion doesn't create a strong enough response in the audience. "Dreaming is a form of planning".



Emotion always wins over logic. Logic is the language of the conscious mind whereas emotion is the language of the unconscious mind. Emotion requires less effort than logic. Logic requires the effort of thinking but emotions are automatic. "Do what you fear most and you control fear".

One of my favorite thoughts reminds me to what extent character is necessary in the life of an individual- "If money is lost nothing is lost, if health is lost something is lost and if character is lost everything is lost". This shows that the inner qualities of the heart like emotions, character, and others are essential for the ongoing of life.

The heart overrules the mind in many cases. "Emotionless body is a body without soul." Emotions overrule the logic in our lives. Emotions are classified into many categories - anger, fear, sadness, joy, disgust, trust, anticipation, surprise, and many others. These are well controlled by our mind whenever necessary. But some or the other way emotions overrule the mind in some critical conditions. "Creativity requires the courage to let go of certainties". For example- I had stage fear in my school days. It reached its peak when there was a memorization competition. Everyone in the class was supposed to narrate the given stories on the Diaz. I could not control my fear. When my turn crept up my hands were in unusual style trembling and shivering. Sweat and tears fell on my cheeks. Then the kind teacher came to me and calmed me down in the usual style. Somehow, I managed to give a twist to my friends by finishing it early and giving the ending an unusual style. Even though I knew, I could not put forth my emotions.

This is one of my memorable thoughts which relies on the fact that emotions overrule the logic likewise heart overrules the mind. An open heart is dynamic and full of joy and enthusiasm. Open-hearted people have a genuine interest in and regard for other people and live a life filled

with purpose and service to humanity.

The open heart is living with a heart full, overflowing with lovely kindness. When our mind is tired of trying, we should find the meaning of life, by going into our hearts and letting them lead us through the fullness of an inspiring life. An open mind will accept other people unconditionally but it requires letting go of likes and dislikes and other similar emotions which is through the heart.

I read somewhere that the heart is like a compass that when opened and listened to will guide us through life more gently yet powerfully than the mind can ever hope to do. Its language is peace, compassion, kindness, humility, greatness, patience, and thankfulness. So, when we open our hearts, we can access these emotions in infinite supply and they become the essence of who we are. It is believed that open-hearted people have an inner light shining through their eyes which marks a dynamic personality.

"Sound mind in a sound body". When one's mind is tired of trying to find the meaning of life, it is very important to go to his/her heart, commit to opening it up, and let it lead through its fullness to an inspiring life. "Trust in dreams, for in them is the hidden gate to eternity". True spiritual understanding will not come until our hearts are truly open, and they can communicate with our heads. To achieve success, we must integrate our mental knowledge with our emotional selves.

Whatever we are waiting for peace of mind, contentment, grace, and the inner awareness of simple abundance it will surely come to us but only when we are ready to receive it with an open and grateful heart. "The future belongs to those who believe in their dreams". So, the mind opens only when the heart opens.