

How to Quiet Your Mind and Tap Into the Limitless Nature of Your Heart

With Paul Bauer
DreamsAlive

Welcome to...

How to quiet your mind and tap into the limitless nature of your Heart...

This is Paul Bauer, and it's my privilege and my honor to be with you in this space of not just quieting the mind, but entering a much, much deeper part of you than your mind, and that is your Heart. And as we go through the study guide and the notes of what this call is all about and begin to practice these steps, you'll be able to move in and out of "states of the mind" and back into states of the Heart. After a while, the two will blend together and you'll have what is known as the Heart-Mind. In Chinese medicine, it's pronounced "sheen" and spelled "Xin." That equals Heart-Mind, if you want to make little notes about that. Very important.

"How meditation discovered me"

So a quick little story about how meditation kind of discovered me and my little experience with meditation. About 20 years ago or so, I was probably one of the more unqualified "bad meditators", for lack of a better way of describing it. But I did have a desire to be able to meditate, and I would attend a little course here and there. Frankly, I wasn't very good. There were a couple situations where I would be sitting in a room with people meditating, and everyone else in the room was "out". Let's say we were lying on the floor doing guided imageries or whatever the process was. I was the only person that would open up their eyes, lean up slightly, look across the room with one eye open and notice that everybody was "out".

They were having these blissful experiences, and I thought "what is wrong with me?" Maybe you've had something similar, whether it be in a group event or if you've tried meditating. Even if you've been doing good meditation, once in a while you may slip out of that "I'm a good meditator" mode.

So, a second event happened when I was at a very popular speaker's event and I couldn't meditate, but I fell asleep. Long story short, I went up to the front of the room and this speaker said, "What was your experience, Paul?" I said, "I fell asleep." In front of 700 people, he said, "Well, maybe you were tired. You needed to rest." The whole

room laughed. I didn't feel ridiculed. I felt it was something important that I was brought up there to do. A bunch of people came up to me and said they had the same experience - "thank you for telling the truth" they said. It's not that I got all these great beautiful figures of light when I meditated. I just fell into a very light sleep. So thank you, you have the courage to go up there. I thought, well, I felt like an idiot but thank you. I appreciate that.

“It's got to be easier than this”

Now, in the more modern day as I began meditating a little more seriously—I didn't so much need guides to teach me; I just said one day, you know what? It's got to be easier than this. It's got to be easier than sitting there with my thumbs on my nail beds and trying to practice ohm meditations. While all those things are good, to each his own. There is no judgment here. You've got to find the right kind of meditation for you. When we talk about the gifts of meditation, you'll have more of your own whys, about why meditation is so powerful in your life, or meaningful, and the profound benefits that it can provide to you. For me, I knew it was necessary. I knew because my Heart was telling me. A very, very deep part of me at the soul level said, "Paul, when you calm your mind, everything will change. Everything will transform."

It was like a voice was telling me this. Maybe you've had something similar speak to you, through some talisman, through some book, through some experience. Maybe you were just outside one day and you heard a tree talk to you. I'm not joking because some of you have that ability. Many of you have that ability. For me, it was like a little quiet voice on the inside that said, "It's time. It's time to practice." So I started practicing, and I started getting kind of good at it. And then my partner Susan Castle started sharing with me a little bit more about the profound nature of the Heart, and I started mixing that in with my meditations. Then one day, I created a meditation program called Clear Mind, which we'll talk about some other time. And it deepened my meditations, taking me further into what is known as the Heartwave.

So aside from the spiritual benefits of it, for me what it did was, despite anything that was rocking my boat, and without going into long stories or dramatic backgrounds, and with all of the people who passed away in my family, with some other health issues in my family system, it was enough to knock a person flat on their you-know-what. And because I had this experience of dealing with my mind, of knowing how to meditate,

going into my Heart and clearing emotions, all in that same kind of process, those experiences did not knock me for a loop. It didn't overstress me. It temporarily stressed me, but like a ship that is being pushed across the ocean, left and right, the boat never quite capsizes. It just moves left and right.

”A voice from the trees”

There's a wonderful story of a woman named Julia Butterfly Hill. She's the lady who climbed to the top of the Redwoods out in California back in the mid-1990s. She saved a redwood tree called Luna. When she was up in this tree—it was a 365 foot tall redwood tree—in the mid winter, and she stayed up there for 765 days, by the way in a peaceful protest against Maxim Lumber Company—she was up there in that tree, and those winter storms that come off the Pacific Ocean—if any of you have ever been on the west coast during the winter storms that come off the Pacific, you know those are very powerful storms.

The winds go up to 70 miles per hour when the snow comes in. All she had around her was a tarp and a few wooden planks, and that was it—her and the wind. And it scared her to death. It shook her down to her core, and the tree would move back and forth and back and forth. She thought she was going to die. In fact, she thought the tree would topple and she would die because of that. One way or another, she thought this is the end of my life.

While she was grabbing on for dear life, something spoke to her, and it was the tree itself. It said to her, *"Let go. You see, my child, if I were to stand firm like what you're doing, I would break. But what I do is I bend with the wind."* It was one of the most spiritual experiences she had in her life. She let go and started moving with the tree, **and all of her fear vanished**, like in an instant.

I remember her saying this to us; we were in Chicago and we met her about 10 years ago. It was one of the coolest experiences I've ever had, because something magical happens when someone goes into a sacred event. They come out of it and they share it. You get some of that sacred energy from them, **because it was an experience, not a thought**, and the *experience* was from the Heart. She told the story from her Heart.

So meditation has taken me through the darkest nights of the soul and then some and helped me calm not just my mind, but tap into this limitless nature of the Heart field, which we will talk about.

I. How the Mind Works

Because this part is so important, when you understand the nature of the mind, it no longer will have an effect over you. It won't play its tricks on you any longer. How the mind works in essence is:

A) Filters

When you are young, you learn certain things about life. You learn not to touch hot stoves. You learn not to open a book of matches and light them, because if you do, it starts a little mini fire in your hand or on the floor. You burn something. You learn not to put your hand in the dog's mouth. And after a while, these little experiences build beliefs and these beliefs become filters. In other words, like "all dogs bite". There's a filter. "All things that are up there on the counter may burn my wrist or my hand". Then they become more global beliefs as we get older. Some of those might be "when I heard mom and dad arguing, I didn't feel love." "Whenever I hear others argue, I fall out of love". And these are some examples of filters, and you can think of some yourself.

We'll go through like a little mini exercise to kind of discover not just filters, but also the way you process thought. We all have the tendency to filter information. In other words, ***we don't see life for what it truly is***. Very few of us ever see truth in everything. We have our own filtered perceptions of what life is because we have our own preferences. Imagine pushing something away—we push away the version we don't want and then we say to the field, "I would prefer this." **That's a filter**. That is the perfect definition of a filter. I don't want it that way; I prefer it my way.

B: Tendencies

Then next to it, write the word "patterns." Notice your patterns. What do you notice about the patterns that you run in your mind and in your life? In other words, do you tend to be optimistic? Do you tend to look for the good in things? Just be honest with yourself for a moment here. What's the first reaction when bad news hits the fan? When you look at your bank balance, what's the first reaction you have? Gratefulness? Not enough? "Oooh, it doesn't look good. I don't know how I'll be able to meet payroll, what I'm going to do at the end of the week, or right now. How are we going to handle this?" It all comes down to good or bad. So notice your patterns. Notice the way you run thoughts and emotions.

Thoughts begin what ends up being emotions in the body; that's the definition of an emotion. An emotion is something that is an echoed thought that starts reverberating through the body. Some people say no, no, I'm much more in touch with my feelings. Right? I'm not talking about feelings; I'm talking about emotions. Thoughts turn into feelings over time, but immediately, they turn into emotions. And they're either up emotions or they're not so up. They turn into down emotions. As you begin to notice your patterns, you begin to be the person who is noticing them and, therefore, creating them, not the recipient or the victim of them. That is huge. That is one of the points of meditation.

C: Distractions

This is a big one for most of us. When you try to meditate, that's one good example of when distractions pop up. What happens when you meditate? Think about it for just a second. Do you reach immediate states of bliss, or where did your car keys go or what are you going to do today, and all those endless thoughts. What did I not complete yesterday? What do I have to get done today? If you notice these distractions, you're going to notice that there are usually dozens. There are at least several for most of us, whether you're an experience meditator or a newbie.

And that's okay. The key is to notice them, but another key to understand the nature of the mind is that it's going to have distractions, over and over, in and out, whether you're a great meditator or not.

D: How to make your mind your friend (and not your foe)

When we speak of the mind we're also referring to the ego. A major step that I experienced—I would say this was probably 14-plus years ago—one day, it just dawned on me. Instead of trying to banish the ego, *instead of trying to resist it*, instead of trying to quell it, or any of those resistance-type activities, I decided I was going to make my ego my friend, my ally. That simple choice made such a massive difference for me in my life.

There are so many situations that changed for me: my business, my relationships—we can't even begin to count all the ones that changed. By one simple decision? Yes. The decision was "I'm going to make peace with my mind". Instead of trying to get it to quiet down all the time, almost like a petulant child with ADD, you try to quiet that little kid down—does it work? Typically, no. But if you redirect the mind and you work with it, like any child, suddenly, it's almost like giving a kid a pacifier or a toy, or "Hey, look over here! Let's go check this out." And you do it in fun, and you do it with love.

What if...?

What if you loved those tendencies of your mind and you loved those patterns and some of those filters? So next to some of those, maybe on the left-hand side of your study guide, why don't you write the word "love." When you shift your intent ***from pushing it away to loving it***, ask yourself, "How would that shift me? How would that shift my perceptions? How would that transform my experiences? A profound question.

What's the normal language of the mind?

Its normal language is fear. Whether we like it or not, whether we like to admit it or not, as human beings, the normal language of the mind is fear. As contrasted to your Heart, its language is love. That's just the nature of the Heart. Even someone who has a closed Heart, the nature of their Heart still is love. The mind is repetitive, like a call-seeking program. It keeps on looking for things that are not right. Oh, yep, there's another distraction. Oh, that didn't go well. Here we go again.

So, to understand the mind and its nature, which typically is based on fear, is to step back from it and begin to, with a nonjudgmental point of view, say, "That's okay. I understand you." It's actually a loving perspective. "I understand you. It's okay. It's all right."

It's okay if thoughts run through. It's okay if these patterns keep going. It's okay if they want to act themselves out. That's okay.

2. The Real Cause of Stress

The true cause of stress is not the stress itself. The true cause **is wanting something different**. In other words, ***resisting what is***. Think about that just for a moment. What will help is a little quote by Eckhart Tolle; you might have seen this in *The Power of Now* somewhere around halfway through the book. It's a seminal question; when you get this one right, everything will shift after this question.

"Is what you want more important than what is?"

Is what you more important than what is? In other words, is your preference for life and the way you want it more important than what's showing up? You can break that down so when you look at your bank statement, is your preference more important than what's showing up on that piece of paper? If it is, you're going to create stress in that instant. Right away, you've got resistance going on. So the true cause of stress is resistance. It's not the stress itself. It's not what the person just told you. It's not what's going on with your bank account. It's not what's going on in your relationship. It's what you're saying to yourself on the inside.

That's why meditation is so important. If you understand the nature of the mind, that it runs filters and patterns, and it tries to distract you and it runs on fear, if you understand that and don't judge it, ***then you don't have to resist it any longer***. You just watch it. **You become the observer**, in other words, and that is one of the prime benefits of being a meditator in any way, shape, or form.

So, let's do a little exercise now. This is kind of fun. I was doing this today, and it dawned on me that this would be kind of cool to share with everyone. It's very short and yet it's very powerful.

Number One in this two part, very, very powerful little exercise:

Ask yourself, "What do I want most?" What do I want most in life, right now? Not tomorrow,

not yesterday. **What do I want most - Now?**

Take a few moments and write it down. It shouldn't be too hard to figure it out.

Number two

Take a deep breath now, and ask yourself...

"If you I choose only one thing, would I rather have that thing you just stated or deep inner peace?"



“The lens that you see things through”

And everyone has a different answer to this question. There's no right and wrong about this. This just reveals how your mind is processing thoughts, beliefs, feelings, emotions, fears, etc. Because some people truly feel that deep inner peace is number one, meaning it may give them everything. It depends where you're at. If you ask yourself this question tomorrow, you may get a different answer. This reveals filters. This reveals **how you perceive things**. It reveals the lens that you see things through.

It might even help you discover what's been holding back. In other words, where's the linchpin? Where's that thing that's coming up—the drain that if I were to just notice that I've been wanting something more than peace, and maybe peace is the thing you really want—if you let go of your need for that other thing, you'll not only have peace, but you'll get those other things. And that's what's happened in my life, from my own experience. **When my mind is calm, everything else takes care of itself.**

My challenge to you, my encouragement to you, and my invitation to you is try a different way, starting from this moment forward. What if you were to let go, surrender, just be a little bit more vulnerable, and start looking at life through the eyes of a child—

the child within you, the innocence of who you are, the innocence within. What if you were to start doing that from moment to moment? Do you think that life would appear a little more pure to you? That you might start seeing opportunities that you didn't see yesterday through those filters and those distractions and those patterns of the mind?

Do you think that some of your old tendencies might begin to shift when you start looking through the eyes of that childlike wonder within yourself? So this is not just “mamby pamb”y stuff; this is very practical because the most productive, the most creative, the most resourceful people **see life with that youthful zeal**. Without attachment, they see it. They see their vision done already in terms of manifesting, because they take time to step back from their mind. **They know they're not their mind**. They know what comes from the mind can be something truthful, sometimes not.

3) Habitual thinking: Is it good or is it bad?

Some of the tendencies that we talked about in number one, having filters, having distractions, etc., some of those are like habits. And one of the keys to being an advance human being is understanding number one, **your habits**, and number two, beginning to **notice who is “running the ship”**. Is it the habits that are running it, or is it you? Is it like unquestioned assumptions that just fly right through? And all of a sudden, you've made a decision and don't realize how or why you made it? And that decision you made wasn't an empowering one? You got angry. You got sad. You got mad. Or you just went into a funk of inertia and you stopped yourself, instead of being in life. And there's no judgment there. Start noticing these things.

Habits either make you or they break you

Once you discover the habits that are running in certain departments in your life, that is the biggest and most crucial step. Then you can go about shifting those habits. Shifting them is not as hard as people have been led to believe. The key is do you understand the nature of how your mind is running these things, running habits and tendencies. It's so crucial just to start understanding, “hmm, How am I running these thoughts? What habitual tendencies am I saying to myself or unconsciously allowing to program me, in a way, when you think about it?”

Take a few moments and ask yourself:

"What are some of the big sticking points in my life?" Job, relationship, finances, health, etc.

“Shining a Light”

Take one or two and say, "There's a sticking point there. Hmm. What are some of the habits that I'm running there that I need to maybe start taking a look at? I may not even know the habits, but ***I'm going to start shining a light*** on these tendencies that create these sticking points in this part of my life ... in my finances, in my relationships, in the way that I treat myself, and my confidence..."

And then move on to abundance, move onto health, etc. You'll start noticing that there's a thread. And as long as you can step back without judgment and ***just notice those threads***, you begin to start unraveling those threads. And then you may have a smile to yourself as you're meditating one day, because you'll say, "Oh, check this out. I learned this pattern at a young age. It doesn't serve me anymore. I'm going to shift it."

4) The Power of the Present Moment

This is one of the things that we hear so much about when it comes to things like meditation. If you've read Eckhart Tolle's *The Power of Now*, he talks about it quite a bit in that book. My beginning was way before that. I read a book called *The Power of the Super Mind* by Vernon Howard. It was one of the first books I ever read. He talked about the present moment, and I got it right away. I was in that space when I was reading Vernon's words. This was all the way back in the early 90s. But it spoke to me so clearly. That's sometimes what books, sages, mentors, talismans, other sacred energies that speak to us in whatever they speak, it's how they can speak. Because you're taking a moment out of your busy-ness, out of the unquiet, restless mind, ***and you're actually becoming present.***

So ask yourself:

"What does the now feel like for me?"

or...

"What does being in the present feel like for me?"

How do you know when you're present?

Instead of me telling you what it's like—I could tell you all the little possibilities and what it's like for Paul, but what is it like for you? How do you know when you're present? That's a fantastic question. Take a few moments and write down the answer to that question. How do I know when I'm present? Your answer to that question is crucial in your ability to move forward in your life. If it's just one simple little thing—"It's when I hear my little puppy speak to me—it's when I look outside and I can see the diaphanous clouds moving through the sky—it's when I can see a snowflake and just pause and be in awe." There are thousands of examples.

For me, if it's during the day and I'm sitting in my office, one thing I do is look out my window like I'm doing right now. Now it's a little different in this part of the season because this is being done in the late winter, early spring in Chicago. There's no leaves on the tree, but I sense the presence of this tree outside my office. And it's always a present moment, a talisman for me. It holds a sacred energy. For you, it might be just a little rabbit's foot. It might be a picture of a rose, like my sweetHeart, Susan, gave to us many, many years ago at one of the first seminars.

As a matter of fact, I have a picture of that very flower she gave to all of us back then. On the front of it is this beautiful rose. It's just about to bloom. On the back of it is a little saying that says, "Be still and know that I am God. Psalm 14:10." Be still and know that I am God.

The whole idea of this audio started with stillness, because I was thinking one day. It was not normal thought; it was more like a quiet thought. You know the difference when you're there because it feels peaceful. And something told me to share this with you,

this whole feeling. And there's a little kit that I'm putting together—it's just about completed. It's called the Clarity Kit and it's all about this feeling of stillness, but it's practical stillness. It's not set up in some ashram from up in the mountains and never talking to your friends anymore or turn off your cell phones and turn off your tablets and everything.

It's about taking stillness into every moment of your day...

So what does the now feel like to you and how do you know you're there? I love those two questions. How do I know I'm present, and what's the true benefit of being present? What are the true benefits? Because they are myriad and many fold.

Benefits of stillness and being present

When you're still, you're more calm. You're in a more grounded space within yourself. You are able to make better decisions. I could rattle off a list of practical benefits that's pages and pages long. The real key to know what it means for you what the true benefits are is to ask yourself when you've been in that space, even if it's been infrequently in your life, when you've been in that really calm place and you've made a decision, made a choice, or you just decided that you were going to be in that Presence, with a capital P, ***time stood still***.

You may have had an awe moment here or there. Maybe the Presence to you means that you can just be with yourself. No filters. No judgments, just honestly pure and present with yourself. This little exercise that my higher self taught me one day said, "You can test, Paul, your level of presence (LOP)." I went, "Oh, really? That's a good one. That's cool. This is a new one. I haven't got that before." And it said, "Sure, it's easy. You can muscle test it on a scale from 0 to 10." So I do it as frequently as necessary. In other words, it just tells me when to do it.

Your “Level of Presence”

And sure enough, whenever I'm led to do it, it's not as strong as it could be. That's why it comes to me. **So you can ask yourself** - “What is My level of presence?”, whether you muscle test, or you intuit it, or you do a pendulum, or whatever way you test stuff. You might just get a gut feel of where you're at.

Being in the present moment is one of the most profound gifts you can ever have in your entire life. It takes you out of your past and all of the anxiety of what happened, the regrets, “it didn't happen, it didn't go the way I wanted”.

Step back into this pivotal point called the Present, and when you stay there and you breathe, that's one of the keys, you start noticing your thoughts, those tendencies. The thoughts go in; the thoughts go out—like wave on the ocean. After a while, you're so present with yourself, you're actually sensing things **before they occur**. Your psychic powers increase because the mind is not where you get your psychic skills from—they come from some other place. We don't know where it is exactly.

The Heart helps because the Heart gives you the wisdom to understand that psychic skill. It's not really a mind skill; it's something deeper. But in our culture we call it something in the mind. “Give me more brain power, give me more mind power...”. Psychokinetic skills and all that other stuff. It's not just the mind that's doing that, though.

So, we've covered the concept of the present moment. The key, though, is for you to be able to nurture your ability to be in the present or in the Presence of something sacred.

What Is Meditation?

Probably one of the more important questions that we can cover is: What is meditation? What is it really? There are a lot of definitions of what meditations are, and one of my favorite authors, Pema Chodron, says it this way—and I paraphrase, this may not be exactly her words:

Meditation helps you be present.

It helps you be present with your thoughts and your feelings. In essence, that's really all it is. In one of the chapters of her new book called *How to Meditate*, she's got this little section. When you ask yourself “what is meditation?”, and for those people who start answering, “it's enlightenment, it's pure peace”, she says “I'm sorry to slay all the dragons in the room and disappoint people, but it's not about any of that stuff. It's about just being with yourself.”

“It has nothing to do with the brain”

It's about just being. No more. No less. Including the masters, people who have been meditating for 20, 30, 40 years—the ones who can go into these high, expanded states of brainwave, etc., and after awhile, *it has nothing to do with the brain*. Because we are looking in the wrong place if we're looking in the brain. You know this somewhere deep inside of you. **Meditation helps you be present** with your feelings and your thoughts. They come in and they go out, like waves in the ocean. If you've ever noticed nature, nature never stays stagnant. It never needs to cling to anything. It never needs to hold on. It passes through these little transitory states. It doesn't suffer when it moves, when the leaves fall, when the petals of the rose fall off. There's no suffering there.

Meditation gives you the ability to let go of your need to have an experience from anything

Only humans have this feeling of suffering that they need to hold onto something in order to have the experience of it. Meditation gives you the ability to let go of your need to have an experience from something, from anything. When you let go, you can have the experience of the next thing, the next sacred event in your life. In other words, moments of stillness. Now stillness is different for all of us. Stillness for you could be that you just get one little instant of peace, whereas for me it might be 10 seconds. It might be 20 seconds. But while I'm in that stillness, I'm not counting. I have no track of time whatsoever, because it's a no time event.

Sometimes, my eyes just open and I look and the clock reads 20 minutes later, and I thought it was going to be a minute. Other times, my mind is so wound up that I can be meditating for what seems like not even but a couple seconds, and it's almost stressful because the mind is so built up with the stresses of the days. It keeps teaching me, it keeps teaching us that it's time to let go. It's time to unhook and unattach from all that stuff that's been moving through our minds, so then, therefore, you can have these moments of stillness.

"What is stillness?"

So ask yourself, "What is stillness to me? What is it? When my mind is quiet, what does it feel like? What does it really feel like? What is the experience of it, not the concept of it and not the thought of it, but what is the experience of it?"

Allow yourself to feel stillness in your life. Really take time each day to feel what stillness means to you.

Each day you practice stillness, you will experience new sensations, new shifts and new breakthroughs. But the best breakthrough is to be free of your mind!

6) The Old Paradigm

The old paradigm is of the mind. It's based on things like the brain, perceiving and looking at life and making decisions based on the limited perceptions of the mind. It's limited because it's based on the mind, and the mind is as deceptive an invention as has ever been created. You can fool yourself faster than you can do just about anything. One day, you're a great person. The next moment, you're a bad person, because of some event, some concept, somebody said something to you. "Why did you say that to me?" And all of a sudden, you feel bad. Up and down - all these cycles of the mind, the old paradigm works with the limitations of the mind.

Many meditation programs are based on the mind. Without making any judgments, the old paradigm, if it uses things that try to calm your brain down or tries to work just with the mind, they are limited in their nature because the mind itself is limited. If we try to stop you from thinking ... if any meditator tries to help you stop thinking, it's almost like you better give up before you even start. If you try to calm the mind, the mind doesn't want to be calm. It's just like that petulant child we spoke about. After a while, if you just start letting go, you breathe. And there are specific steps to this that I can share with you that you can experience.

7) The New Paradigm - The Heartwave

The New paradigm is the power of the Heartwave. It's about accessing the limitless nature of your Heart. Because your Heart is your center. Your mind is not. Your brain is not. Contrary to popular opinion, up until very recently and even some people still think, “If I can just rewire my brain...if I just can rerun those things ... if I can just reprogram my brain, everything will be fine”

Well, my question to you about that is, have you tried that before? Many people have, and after a while, do you have the peace that you really want? Or is there this nagging feeling there's still something more, something still under the surface that's nagging, still itching to try to move through, to try to get something more—a feeling of incompleteness, a feeling of something still isn't quite right? That's your mind running an old pattern, and the Heart is trying to communicate with you, but unless you go to your Heart and you come from your Heart, and you begin to breathe...

The Heart Breath

You can start breathing from your Heart. Just imagine that you can do that right now, that you're good at it. You start breathing and you place your hand on Heart and you breathe from your Heart. As I was sharing this with Susan before we came on the phone tonight, I said think about it—you can't be in fear or any low vibrational state while you're breathing from your Heart. It's literally impossible because the nature of the Heart is love. It is peace. It is pure. If you want to cut through all of those tendencies and habits and those old patterns, **go to your Heart.**

That's the antidote of all, across all boundaries, across all stressors, across all negative experiences you ever have had or will have. The only way that you ever will clear anything is through the presence of your Heart. That is a spiritual axiom. It's just as pure as it gets. If you want to do something in life, please **ask for the guides that will be coming through your Heart**, rather than your mind.

Let your Heart lead you, rather than your mind lead you, because your mind will play tricks on you that will have you running in circles on a merry go round until you are

absolutely breathless and worn out. And you know that from your own experiences. I remember what that was like. It's like a prize fighter running after the challenger, and all of a sudden, he falls to his knees and keeps flailing away and can't get anywhere close to the champ, because he's chasing after the wrong thing. If you're looking for the solution in the mind, you'll never find it, because that is not where it exists. All of the secrets, all of the answers that you've ever sought are deep inside of you in a place that very few people have ever, ever taught us. That's in your own Heart Field.

How do you feel your Heartwaves?

And that Heart field is measurable. It's measurable through Heartwaves. How do you feel your Heartwaves? **First of all, you breathe.** Start breathing more deeply from your belly, not from your chest. When you're breathing from your chest and it's tight and kind of constricted, you know that's shallow breath. That's constricted breathing. ***Heart-based breathing is from the Heart***, but it's also softening the belly. It's like Buddha belly, which some people don't want to do because they think their abs don't look good enough or it just feels unnatural. For me, I didn't even know I was having stressed or constricted breathing. It took a really good therapist here near the Chicagoland area. She said, "Let's try something, Paul, because I see there's a pattern here. Every time you come in, you've got the same kind of level of anxiety."

This was like 25 years ago, and I said, "Sure." She said, "So, let's try something. Why don't you lay down on the ground. I want you to put your hands on your chest and take a nice deep breath." And I did. "Take your hands and place them on your belly and take a nice deep breath," and I did. She asked me, "What difference did you notice?" I said, "When I took a deep breath, my chest moved." She said, "***That's exactly backwards of the way that it should be. Your belly should move.***"

That was the beginning of a "reformation" for me, a pretty major transformation from anxiety to more peaceful states. There weren't a lot of them at first, because I had to do it with my conscious intent. It takes a little more energy at first to do that with will power. But after a while, if you do it at the right time of the day and you do it the right way, you take just a little bit of will power and create a new habit, which I alluded to earlier. But when you start doing these things from the Heart, you create a new habit.

In an instant - if you do it the right way, and you just practice a little bit, all of a sudden you create **PRM's**, that's a phrase I created years ago—it stands for **Positive Reinforced Memories**—instead of **NRM's**, which are *Negative Reinforced Memories*.

PRMs you can form in one instant through your experience of something, and you go, "Wow. That feels really good. I'm going to do this more often." Another part of you takes it over almost automatically. Breathing is a good example. If you start breathing from your belly, in time, you won't have to do it consciously. It will become an unconscious thing for you, and you'll naturally breathe, including when you're sleeping, from your belly. You'll have more restful sleep. It's more healing because that deeper breath provides the correct balance of not just oxygen, but also CO₂, which believe it or not, we need in our system. It balances out our whole respiratory tract, and you can look at all the proof that you want.

That's something that I discovered through a family member and what they were going through in terms of having a shallow breath and breathing pattern. It was stress. It was causing a lot of states of dis-ease in their body.

The Heart Breath

How powerful it can be is the Heart actually not just soothes the breath, it calms it down. It regulates your breathing, and you will be breathing fewer counts per minute, and that's a good little thing for you to try—a little side benefit of this mini audio we are doing here tonight. Take a little timer out and press it for a minute and count the amount of breaths that you take in one minute. You will be surprised how many you take. Many people, when they're breathing kind of on the rapid side and their breathing is constricted, it's more like 12 or 14 or more breaths per minute.

Heart-based or diaphragmatic breathing is more like 8 beats or 8 counts per minute of the breath, an in breath and an out breath. Try that. Try that tonight before you go to sleep. In fact, if you do it while you're going to sleep, you'll end up going to sleep more easily and you'll sleep better because it will set a new cause in motion when it comes to your sleep cycle.

Observing from the Heart

This is where it gets really good. What if when you're in the midst of some kind of conflict in your life, that instead of running one of those filters that we discussed—those habitual tendencies of “uh oh, this isn't going well, or uh oh, this person doesn't love me anymore or there goes my energy”—all of those mini statements that we say inside of ourselves, the ones that move at about 500 to 1,000 miles per hour, almost faster than you can click your fingers. Instead, you slow it down. You take a nice deep breath from your Heart and you start observing from the Heart. This is powerful. This is something that if you dedicated yourself to this, you would see this transforming everything you do. You start looking upon life with softer eyes. You start noticing what goes on in your life with such grace, with such a state of ease that the stress literally just dissolves. And after a while, there's no stress there, because you're seeing life for what it truly is through your Heart.

Some days, it feels a little vulnerable, because being in your Heart can feel vulnerable sometimes. Be very careful about that. Try not to judge yourself. If it feels kind of scary, take a deep breath. That's a judgment. Just be with it. You don't want to push yourself into vulnerability. Just let yourself feel that innocence, that vulnerability. That's when you know you're in your Heart. It feels a little bit different when you first start doing it if you haven't done it in a while, but as you stay with yourself, be with yourself, observing and breathing from your Heart, you will start noticing major shifts in your life.

Practical Benefits of the New Paradigm of the Heart

Some of the practical benefits of this new paradigm of the Heart—if you look at something like your health, what if you observed your health—let's say you have a challenge in your health. If you don't, great, fantastic, then you can look at some of the other benefits, like relationships, or decision making, or business, or creativity. But sticking to health just for a minute, let's say you are concerned about something going on in your health. A friend of yours got a cancer diagnosis or they have problems with diabetes or they've got a Heart condition, and you're a little concerned not just for them but also for yourself. That sometimes happens.

But instead of the judgment coming in—that fear of death and that fear that something bad might happen— ***breathe from your Heart in that moment.***

Take a nice, slow, deep breath. Observe it. Notice it with pure intent. All of a sudden, it shifts. It clears, without you having to do anything. It's not a technique unto itself; it's opening yourself to your own Heartwave. If it's creativity for the things that you do—let's say you're a book writer or something in your business—what you observe from your Heart is the innocent part of you.

Your Heart is The Most Creative Part of You

It's the most creative part of you, and it's the one that's the most productive part of you. Great writers have a wide open Heart. They're not taking all of that stuff from their mind. You know that because any book that you've ever read that moved you, it's almost impossible that person was up in their mind when they wrote, because otherwise it would not move you. Being moved as a reader takes someone who was in the space of the moment when they were writing as it was being channeled or it came through to them. I'm not saying they have to be a channeler; all I'm saying is they were just in that space.

So you can look at all these different parts of your life—your business, your creativity, your health, your relationships, your ability to make sound, wise, practical, profitable decisions, the way you deal with your children, the way you deal with your parents—any decision you have to make, any plans you have to make, you do them from your center, which is your Heart, not your mind. Not only will they be peaceful in terms of how they make you feel, they will also be the ones that are more profound. They're the ones that are the better answers. They're the razor answers—the ones that are simplest and they are the ones that are most pure.

Let's Review

Let's go through what we've learned. We learned how the mind works. We learned that all these different flowing tendencies of the mind, whether they be filters, tendencies, distractions, etc., that you are not your mind. ***All you've got to do is start noticing.***

We learned **the real cause** of stress is **resistance**. We learned about habitual thinking. The key about habits isn't necessary to break them; the key is to discover them. Because through discovery is to shine a light upon them. We learned about the present moment and what it feels like. Even if you don't know exactly what it feels like, you place

your intent upon that and you begin to experience the present moment from this point forward. And of course we spoke about meditation and what it really is. And then we looked at the difference between the old and the new paradigm.

As we conclude, take a nice deep breath. Close your eyes. Tune into your Heart and just honor yourself for taking this time for you. Because this is who you really are when you're in this space, where the stillness can speak and you give it an opening and you make space for it. It's loving yourself. It's honoring yourself, and it's letting the true nature of who you are come up and out. So be it now, and so it is.

So thank you for being part of this special audio and this e-book. In the next couple days, watch your email for some special little gifts that I have planned in terms of finding the stillness within and increasing your ability to meditate and also be present. Plus, I'll also be sending some special news about Clear-Mind.

Clear-Mind helps you meditate. It helps you feel the stillness and the peace within. It helps you clear emotions. It helps you with your breathing. It helps you understand how to clear old habits and how to create new ones. The benefits are literally like two pages long, and I will gladly share that with you in a couple days. But in essence, it helps you experience your truth, your essence. It helps you live from your Heart and experience the nature of your Heartwaves and let go of the old paradigms of the mind. And to experience that, my friend, is profound. I promise you that from my Heart.

So, I say Mahalo to you, which in Hawaiian means thank you, and aloha, as well as "A hui hou", which means until we meet again.

Watch your email for more on how to tap in to the power of your Heartwaves...

Aloha, Paul Bauer