



Living in
your Heart

Heart Living

By Ann Quasman

I have a sign in my kitchen written on a post-it note to remind me to take my fish oil (ugh) on a daily basis. On this post-it note, there is a quote from a big seminar company that says *“Change your thinking. Change your results.”*

My husband, who often fancies himself as a wise guy, crossed out the “Change your thinking” part, and replaced it with these words in his chicken-scratch handwriting: *“Change your underpants. Change your results.”*

I chuckled when I first saw it. But, the more I thought about it, it sounded like a great idea. And, something, ideally that anyone could do at least once a day! Just imagine, every time you change your underpants.....give yourself permission to change your life. Give yourself permission to do life in a different way if you aren't happy and at peace with everything that is happening. Giving yourself permission and not having to think about it.....what a great place to start.

The more I pondered this “change your thinking”, the more I realized that most of us actually spend too much time “thinking”. Even though we have been taught to believe that “thinking” is “the” way to solve all of our problems, is it really?

Thinking keeps you in your head. Thinking all of the time allows those flying monkeys over your shoulder to tell you all sorts of things...why you can't do something; why you aren't good enough or smart enough or pretty enough; or, why your “story” is your identity. You think, you analyze, you rationalize and you argue for your limitations based on the way your life has been and what's happened to you....thinking that things could never be different. Change your thinking? You've got to be kidding. It's easier said than done.

And, don't forget all the “stuff” that's gone on in your life. “That's the reason I'm this way.”.....you tell yourself and anyone who will listen. You cling to your story to justify your life. You use it as an excuse, a crutch. Instead, look at the story as your history – not who you are - and realize that you don't have to keep dragging it around with you each and every day of your life. You can always change, make a new choice, come from a different place. Yet, you cling to your story and declare, “I'm this way because”. And, you can't see a way out.

There is a way out. You open your heart.

Take a deep breath, take a step back and bring your feelings down into your body. Let them settle there and notice what you feel. Instead of trying to control the outside, go within and open your heart to examine who you are. Let the core of you have permission to surface.

No matter what you are feeling, remember it's just a feeling. It is not who you are. Chip away the years of barnacles that have accumulated to cover up who you really are.....your true essence. And, don't deny yourself this process. Who you really are will never be the horrible thing you imagine. When you allow yourself to open your heart and ultimately, live in your heart, it will feel as if you have come home.

When you open your heart and learn to live in your heart, you allow yourself to heal all of the hurts and traumas that you have stored within you. No matter how big or how small they are, they still hurt. And, until you take a look at them and allow yourself to feel them, they will never go away.

When you take that step back and live in your heart, you start to see the “big” picture, the bigger perspective. You start to realize that everything is a gift, even the hurtful things. And, the pain that you feel is a huge signal for you. And, the people or things that you think cause your pain, are wonderful teachers for you. The pain you feel and the teachers that show up allow you to see what you need to heal within yourself and where you need to learn to love yourself.

As my friend and teacher, Shaman Ross Bishop, has said a million times, along with other wise beings.....”You can choose to heal those hurts now, or you can choose to heal them later.” Choose now. The pain and lessons only get louder and pack a bigger punch if you decide to choose later.

When you open your heart and learn to love yourself, you will question the choices you have made in the past. You won’t beat yourself up, and you will truly understand why and how things have happened as they have.

With a heart focus, you start living in that space where you can create the life you really want, deliberately and consciously. You drop the stories. You leave them behind. You remember who you are and not who you *think* you are.

And, you will realize that changing your life *can* be as simple as changing your underpants.

©Copyright 2006 by Ann Quasman, Living in Your Heart, LLC
All Rights Reserved



Ann Quasman is a Quality Life & Wellness Coach, a Workshop Facilitator and Speaker. Her company, **Living in Your Heart, LLC**, offers workshops for women on a monthly basis in Maryland and the D.C. area, and also offers private workshops and retreats for groups and corporations. She is the co-host of *Talkin’ Real for Women*, a talk radio show airing on V1370 AM in Baltimore. Ann creates a safe place for people to make the changes they are ready to make. She is the creator of the workshop – *There’s a Pony in Here Somewhere*, a 4-week class to help identify and release the “stuff” that keeps people from living the life they desire. No matter how the “stuff” shows up....excess weight, relationship problems, addictions, money issues, professional work challenges, disordered eating, depression, holding back, etc.....if you are ready, you can get “unstuck”.

Contact Ann at (410)583-5355 or Ann@LivingInYourHeart.com
www.LivingInYourHeart.com

This article originally appeared in *On Purpose Woman*, September/October 2006.
www.onpurposenow.com/magazine