ДЕЙСТВОВАТЬ НА ОСНОВЕ ЧУВСТВ

тема декабря

“Question:

What is the best approach in learning to open the heart.

Answer:

Learn to TRUST your feelings, for only in this way can you truly open the heart. Trusting your feelings means ACTING upon them in some way. HOW you act upon them is up to you because you can ONLY act upon feelings WITHIN the CONTEXT of your life. But as your life is not my life I cannot tell you how to do this. Simply strive to be wide awake at ALL TIMES and you will be able to see very clearly HOW to act upon your feelings.

Acting upon your feelings will bring forth CONSEQUENCES, and the trick here lies in being able to see the consequences for what they truly are, for THEREIN lies the NEW KNOWLEDGE uncovered. It is the NEED for this new knowledge which sparks off the feelings in the first place. However, I cannot stress enough how EXTREMELY IMPORTANT it is NOT to try to INTERPRET feelings, but rather to ACT upon them. The moment you interpret a feeling you have LOST the PLOT, for you will have interpreted it according to your view of the world and therefore keep yourself STUCK! Whereas if you ACT upon the feeling you WILL gain NEW KNOWLEDGE, which is not only good in itself, but it is also this new knowledge gained that enables you to start dismantling your view of the world and thereby gain fluidity of perception.”

“We either make decisions from the MIND, or we make decisions from the HEART! When we decide from the MIND we THINK we KNOW, we THINK it is the best, we THINK we are CLEVER when we get the results we WANTED, and we THINK we are bad when we get the results we did NOT WANT! But in all of this we are simply the LITTLE SELF busy getting lost in its own delusions of grandeur.

If, on the other hand, we make decisions based upon our HEARTS we KNOW for a fact that we do NOT know, and therefore whatever the results, they are for ever in the realm of an EVOLUTIONARY process, a process that guides us from one step to the next! But in BOTH cases, all our actions, all our decisions, are nothing more than FOLLY, for our fates are going to unfold regardless!

So, yes, the wise man, rather than breaking his HEAD trying to figure it all out, simply ACTS upon what FEELS right for him, without prejudice, without preconceptions of what the results SHOULD be, and then ACCEPTS with HUMILITY the consequences of his actions. Such ACCEPTANCE is then in the nature of CONTROLLING his folly, rather than trying to AVOID it!”

**P.S.** Также вы можете прочесть примеры работы с темой месяца от членов семьи Теуна. Для этого зайдите на сайт Toltec Legacy в раздел [Study](https://toltec-legacy.org/study), наберите в поиске «Monthly Theme», затем выберите 2024 и December; откроется список из статей с 799 по 804. Хорошей вам охоты!

Ресурсы:

Наследие Толтеков: <https://toltec-legacy.org/>

Институт Изучения Человека: <https://www.institute-for-the-study-of-man.com/>

Телеграмм-канал: <https://t.me/ToltecLegacyRu>

Телеграмм-группа: <https://t.me/ToltecLegacyRuGroup>