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# Heart Over Mind

By Linda Bertaut, Chakralicious

**E**ver have the feeling that you are different or that you don't fit in? This is often a sign of being ahead of your time, of being someone who will plant seeds of change for a new era. The evolution of the heart is happening now. Those of us who are highly sensitive, who have been told we're too sensitive or too emotional, are here to plant these seeds of change. I call us the "bringers of the heart." Our time has come, and we are

here to plant seeds for more love and acceptance on the planet.

## **Either/Or vs. Both/And**

We are evolving from the era of the linear either/or mind, to the era of the inclusive both/and heart. Energetically, your heart supersedes the mind. The heart energy of the fourth chakra is where we tap into unconditional love and conscious-awareness to

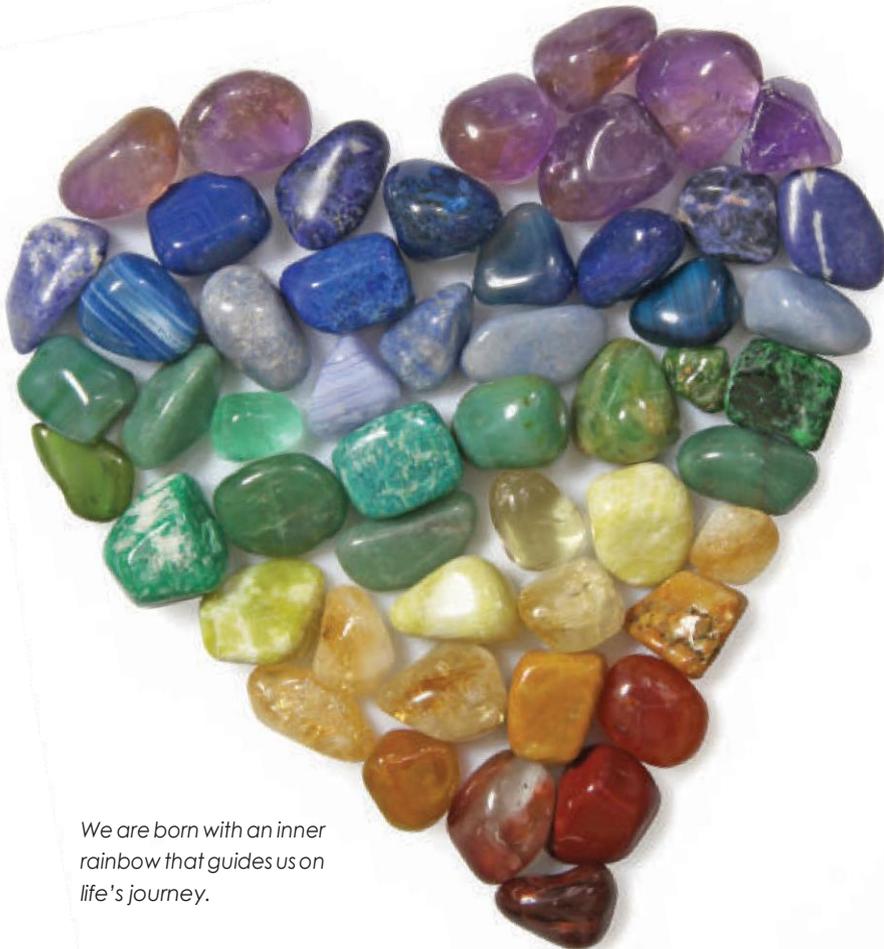
realize that who we are makes an impact on others and our surroundings. The energy of the cognitive mind is the third chakra and represents your external identity; your ability to persevere and experience the joy of learning.

Instead, our culture is fixated on compartmentalizing, systematizing and looking at life from half a brain, which makes the mind the end-all, be-all of our existence. We have created an either/or, black and white way of looking at life when we are meant to have it all: both/and, the whole brain working together, so we can live in color.

## **Your Inner Rainbow**

We are born with an inner rainbow, a chakra navigational system of intuition and feelings that guides us on our life's journey. Feeding our inner rainbow helps us to discover meaning and purpose in life so that we can experience the joy of living each day.

The heart is directly connected to intuitive insights that we receive from the source. Intuition guides us to discover why we are here and feelings bring us to life. Years of not following your heart, and instead doing what "you are supposed to do," has caused a disconnect from self, which has led to epidemic levels of stress, depression and anxiety. We can go through the motions, but without feeling for what we are doing, life doesn't have much meaning. Consequently, people are seeking more meaning and purpose in their lives.



*We are born with an inner rainbow that guides us on life's journey.*

## The Esthetician Heart

Estheticians are in a perfect position to help bring in this new heart-based reality through their business. It is okay to be sensitive, to feel what others may not feel, to express your love for others and to plant the seeds that are within your heart. It is important to not let the outside world throw you off course. Keep being your beautiful, sensitive self. We need you now.

### What to do:

1. Choose to be who you are; show up and shine!
2. Use your feelings to guide you.
3. Don't let others intimidate or shame you from being true to yourself.
4. Set the example for others and encourage them to trust their feelings and follow their heart.
5. Keep planting seeds by creating a new language to bring in the heart. Replace

mind with heart in our common sayings (see **Mind/Heart Common Sayings**).

## Now Is The Time

Now is your time to embrace your feelings, follow your heart and show the world how it is done. There is nothing more exciting and fulfilling than having the confidence to be yourself and share your gifts. Together we make the world a better place just by being ourselves.



**Linda Bertaut** is a holistic esthetician and reiki master teacher who specializes in training estheticians to incorporate

energy healing and energy medicines into their lives and business. She is also a frequent book and magazine author and speaker at many industry events. [linda@chakralicious.com](mailto:linda@chakralicious.com)

Mind/Heart Common Sayings	
Heart	Mind
Heartfulness	Mindfulness
Of like heart	Of like mind
Heart over mind	Mind over matter
Heartset	Mindset
Make up your heart	Make up your mind
The heart is a terrible thing to waste.	The mind is a terrible thing to waste.



## Are You A Bringer of Heart?

1. Are you highly sensitive, feeling what others feel and picking up on the energy around you?
2. Do you live through your heart, doing what feels right?
3. Have you been told you are too sensitive or emotional?
4. Do you feel like you don't fit in?
5. Do you have trouble protecting yourself from outside energies?