

The Voice In You Me: How Listening To Your Heart Can Take You Beyond All Drama

Have you ever felt torn between your mind and your heart? Do you often find yourself entangled in the web of drama that surrounds your life? It's time to start listening to the voice within you, as it holds the key to surpassing all the chaos.

Many of us are conditioned to rely solely on our rational thinking. We let our minds navigate us through the challenges and decisions we face. However, there is another guide within us, waiting to be heard - our heart.

The Power of Intuition

Listening to your heart means tapping into your intuition. It is that gut feeling, that tingling sensation, or that inner voice nudging you in a certain direction. Often overlooked or dismissed as irrational, intuition is a powerful tool that can guide us towards our true purpose.



The Voice in You & Me - How listening to Your Heart can take you beyond all 'Drama'

by Sabine Mutandwa Kouassi(Kindle Edition)

★★★★★ 4.7 out of 5

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Intuition is like a compass within us. It knows the way, even when our mind is clouded by doubts and fears. By listening to our intuition, we can navigate through life with more clarity and confidence, making choices that align with our deepest desires.

Breaking Away from Drama

One of the biggest challenges we face is getting caught up in drama – external and internal. Drama drains our energy, creates unnecessary conflicts, and keeps us trapped in a cycle of negativity. Listening to our heart allows us to rise above the drama and make choices that steer us away from unnecessary turmoil.

When we listen to our heart, we become more attuned to our values and beliefs. We gain a better understanding of what truly matters to us. Instead of getting entangled in trivial arguments or situations, we learn to let go and focus on what brings us joy and fulfillment.

Embracing Authenticity

Listening to your heart means embracing your authentic self. Society often pressures us to conform, to fit into predefined roles and expectations. However, the voice within us calls us to embrace our uniqueness and live a life that aligns with our individuality.

By listening to our heart, we can break free from the shackles of societal norms and expectations. We gain the courage to follow our passions and

pursue our dreams, even if they don't align with what others might consider "successful" or "acceptable."

Cultivating Self-Compassion

When we ignore the voice within us, we undermine our own self-worth. The more we listen to our heart, the more we cultivate self-compassion. We learn to accept ourselves fully, with all our flaws and imperfections, and treat ourselves with kindness and understanding.

Listening to our heart also helps us understand our needs and desires better. We become more in tune with our emotions and learn to nurture ourselves in the ways that truly satisfy our soul. This self-compassion is essential in creating a fulfilling and balanced life.

Relationships Based on Authenticity

When we listen to the voice within us, we naturally attract relationships that are based on authenticity. By being true to ourselves, we attract people who appreciate and accept us as we are. As a result, our relationships become more meaningful, supportive, and harmonious.

Listening to our heart also helps us identify toxic relationships and situations. We become more aware of what serves our highest good and what drains our energy. By setting boundaries based on our inner voice, we create space for healthier connections and experiences.

Silencing the Mind, Amplifying the Heart

In a world filled with noise and distractions, it can be challenging to hear the voice within us. Our mind often dominates our thoughts, drowning out the

whispers of our heart. However, there are ways to silence the mind and amplify the voice within.

Meditation and mindfulness practices provide the perfect avenue for connecting with our heart's wisdom. By quieting the mind, we create space for our intuition to speak up. Regular practice helps us develop a stronger connection with our inner voice.

The voice within you is a powerful guide that can lead you beyond all drama. By listening to your heart and trusting your intuition, you can navigate through life with more authenticity, purpose, and self-compassion. Embrace the voice within you, and watch as it takes you on a transformative journey towards a life filled with joy and fulfillment.



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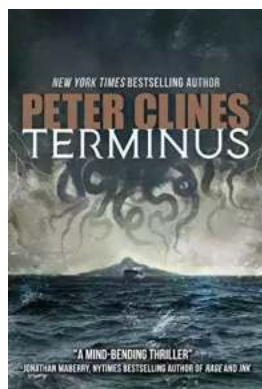


Born and raised in Germany by a catholic mother and a protestant step-father, the author learned at a young age that her biological father had been a catholic priest. At age 23, alone in an apartment, she declared to

God that she wanted to stop believing in Him, but had an unexpected response which changed her life. Following God's Voice in her heart led her to listen to a revelation given to Rev Sun Myung Moon.

However, her personal life is not the Leitmotif, but the importance of getting in touch with the inner Voice and developing a very personal and close relationship with our Creator beyond rituals. As human beings we seem to behave like autistic children who are unable to receive our parents' (Creator's) love. The same Voice asked her to write and pass on a message to the reader, even a 'love letter'.

The whole spectrum from 'misery' to 'joy' is enriched with poems like 'A Sound', 'Spirit', 'My Dog Poem', 'A.F.R.I.C.A. – All Fighters Reconcile In CAnaan', 'AMERICA – BMERICA'. Acronyms like 'LIFE' – 'Let Inner Forces Emerge' and others try to make the reading an uplifting and stimulating adventure.



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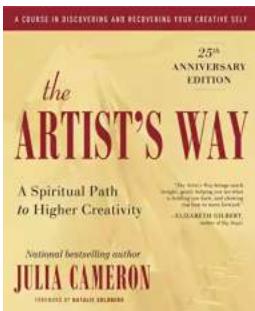
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