

# Drop the Small Talk: Why 'Heart Talk' is the Future



Communication – Art by Cherie Roe Dirksen

- Ever spoken to someone who isn't really listening?
- Ever started a conversation and you can just sense your partner is more interested in saying what he/she wants to say without regard to your input?

We've all been there.

It's not a great feeling to waste your breath and effort when you just know it's falling upon deaf ears or when you're just not being 'heard'. Sometimes we feel like we're in the firing range of someone's motor-mouth and you're being spoken 'at' and not 'to'!

## **Wits End Meets Heart Opening**

I'm afraid I'm losing my patience with people who are talking to me with their 'heads'.

What do I mean?

You're being spoken at by a person who is only interested in getting their logical perspective across irrespective of what their heart is trying to express. It's kind of a heart bypass that shoots straight to the thought process.

When we communicate with our hearts we first open a space for dialogue to begin. A dialogue that is receptive as well as giving – where you give a person a chance to speak and they reciprocate.

**Read related article:** [Neurological Indicators Show That Your Heart Is Your True Center of Consciousness](#)

### **How Do I Begin Heart Dialogue?**

Firstly, you need to drop into your heart space (where your physical heart resides).

Your heart emits a frequency that can be measured (in fact, its electromagnetic field is 500 times stronger than that of the brain) and when 2 or more people are communicating through this frequency, you will have a better chance of clear, pure, flowing, integral dialogue.

***“Sometimes the heart sees what is invisible to the eye” – H. Jackson Brown, Jnr***

Your quality of conversation is going to be better because you are not only conversing with language and emotion but with *feeling* too. The other person is going to connect with your field and be 'in tune', so to speak, with you. So, it's more likely that any deception will be picked up by that innate part of you that can hone in on these things.

**Read related article:** [The Heart has it's Own 'Brain' and Consciousness](#)

Secondly, when you communicate from your heart, you open yourself up to a more truthful, no-bullsh\*t kind of conversation (you know – the ones worth having!).

Your words will flow with more ease and fluidity.

When you trust that what needs to be said will be said, you have no need to rush your words. Have you noticed how most spiritual teachers speak very slowly and with great distinctness? You will, most likely, be guided to say what needs to be said without having to beat around the bush, flounder or hog the floor unnecessarily.

### **Straight From the Horses Mouth**

I was having a conversation the other day and what would have taken me half an hour to explain just drifted calmly out of my mouth in about 3 sentences. They were succinct, truthful and to the point. No waffling.

It was great!

I haven't been particularly loquacious these past few months and have been feeling very foggy and scrambled in the head of late (ditsy blonde that I am!) but more frequently I am finding the right words at the right time.

Either that or I end up grinning like a Cheshire cat or expressing myself through interpretive dance.

I'm really rooting for full-on telepathic communication in the not-so-distant future. Truth be told, I've already begun to experience this kind of connection and I can't wait for it to go mainstream!

I hope you will start to have more meaningful, inspiring tête-à-têtes in your NOW moments.

- What's your take on heart versus head communication?
- Have you tried it? If so, spill the beans in the comment box below ☐

**Related article:** [How to Use Your Heart Wisdom](#)



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She also gives weekly news headline updates taken directly from the **Conscious Life News site**, so be sure to tune in.



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Her ambition is to help you to connect with your innate gift of creativity and living the life you came here to experience by taking responsibility for your actions and becoming the co-creator of your reality. You can follow Cherie on [Facebook](#) ([The Art of Empowerment](#) – for article updates). She has an official art [Facebook](#) page ([Cherie Roe Dirksen](#) – for new art updates). You can also check out her Facebook band page at [Templeton Universe](#).

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