



*Conversations with
Heart and Soul*

A Journey of Finding Inner Guidance

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The Beginning

One day, when I was 12, I was leaving the Methodist church my mother, a former Catholic, had chosen for me and my sister to learn about God. As I was walking to the car, I was feeling peaceful yet contemplative. The preacher at the church we attended talked about love and kindness. "This is all very nice," I thought, "but there's so much more we humans don't know." I wondered if humanity would find, in my lifetime, the depths of what was, I was certain, there to be discovered.

I thought I'd had a great childhood, but somewhere in my 30's I began to wonder why I was so bad with relationships, not just with a partner, but with people in general. I'd been married for 15 years and had 2 beautiful children. Now single, and enjoying it to a good degree, I felt restless, incomplete, needing something but not knowing what that was. I'd gone through a rather severe depression in my late 20's and was able to address that but would occasionally still have some difficulties.

I tried several therapists off and on and one in particular suggested a few different churches. This was because the insurance pilot program for covering therapists (this was the 70's) at the company where I worked was not going to be continued. I was devastated at the thought of losing the only support I knew. One of the churches my therapist mentioned was Unity, the one I chose. I later discovered what felt like complete devastation turned into a miraculous, life changing, life healing journey.

I was apprehensive at first - would they be wearing robes and sandals and walking around chanting? But I was desperate - I needed to find a way to heal whatever was wrong with me. I was fine on a day-to-day basis. But when it came to dealing with relationships, I was a mess.

The Journey

And there it began. I learned more and more about being spiritual rather than religious. The idea of God being some man in the sky was challenged and while I knew that wasn't true, I didn't know yet what was. I loved the openness and compassion of the people I encountered there. And I voraciously took workshops, read books, listened to tapes (later CD's, now MP3's). And I began to discover what I had wondered about when I was 12. Now, 35 years after my initiation into spiritual teachings, I can see how the information that was known in ancient times is coming forward and has expanded exponentially through experience and science.

I'm so grateful for the teachers, guides, angels who have been with me on this path and continue with me on my journey to joyfulness. I learned how to connect with my Higher Self and I learned how we are all expressions of God. I learned that there is nothing that isn't God so now, instead of the word God, which at one time was very confusing to me, I use the term All That Is.

I sampled many modalities and, along the way, I learned to feel energy with my hands. I took so many workshops that when I would attend one, I felt I could teach it. And I did teach a few. But I also began learning about new modalities and my experiences and expertise grew. I began working with animals and, at first, had no interest whatsoever in working with people. But that evolved as well and now I love the magical and beautiful experiences of energy work with animals and people.

Conversations with Heart and Soul

I believe we are always seeking guidance/direction to some degree or another whether we realize it or not. We're also always receiving guidance whether we realize it or not. Sometimes I feel I'm really in the flow, I feel good about what I'm doing and where I'm going (whatever that means). But sometimes I feel alone, abandoned by my own guidance and, what's worse, resistant to connecting with it. So, in truth, I'm abandoning myself. And that's when all those undesirable (lower vibration) emotions come flooding in: anger, frustration, dissatisfaction, fear, hopelessness. And when I'm in those emotions, I resist talking to my Inner Guidance – my Heart and Soul.

The Discovery

I've gotten better at processing those times and, with practice, each time becomes easier. The practice doesn't happen when I'm in those lower vibrations, it can't – those vibrations aren't a “match” with the higher vibrations of joy, peace, love. In those lower vibrations of hopelessness it feels, well, hopeless. In the moment of anger and frustration there doesn't seem to be room for even considering feeling love or joy – it seems not to exist. But that's just in the moment and, actually, it's ok. Those lower vibrations aren't bad, even though they feel bad.

Over many years, from many teachers in many forms, I've become better equipped to recognize, understand and shift, or raise, the vibrations. What I've found is that I can experience those emotions and even though at the time they feel like that's all that will ever be available to me, somewhere inside I know that's not true. It's ok, important even, to experience them but it is certainly easier when you have something of an understanding about what's going on. I've learned to recognize and accept the ebb and flow of emotions.

It's our human dualistic nature to feel good and then when something happens, someone says something, or a memory of some kind appears, a bad feeling “comes up”. Joe Dispenza explains it as feeling/thinking/feeling/thinking. Our thoughts create our feelings and our feelings create our thoughts. You'll find it's true when you begin noticing it for yourself. (Dispenza and others have scientifically researched it. See below for more information.) I'm so grateful for this information because when I notice I'm in that cycle I usually can change it just by recognizing it. Sometimes that works for me, sometimes not.

So I've acquired many tools for those occasions of despair. Abraham-Hicks explains our emotions are our guidance system. (More info below). When we feel them it means something is “off” in our thought process and we can reach for a slightly higher vibration or get more aligned with our Soul desires. Typically, we can't suddenly jump from fear to joy but we can move up through the emotions and gradually get there. The more practice, the more quickly we can move up the scale.

As a long time student of energy healing and as a HeartMath (T) Coach, I have learned to ask my Heart (accessing the energy of Heart). And, after practicing the recognition of automatic responses, I can be available to receive guidance to move from lower to higher vibration emotions. I find the answers come in many forms. Sometimes I hear something or maybe I'll get the idea to use a tuning fork, or check the Angel Tarot cards, or any one of my many tools. I believe my heart is where my Soul lives. It's always here with me, it is me. And it is always available to guide me in one way or another to remember the powerful being I Am (we all are).

For more information about finding your own Inner Guidance as well as accessing Guidance from Angels and Masters, visit www.wrightvibes.com or contact me at wrightvibes99@yahoo.com.

Resources

Abraham-Hicks Emotional Guidance Scale

From: "Ask and It Is Given", Esther and Jerry Hicks, (The Teachings of Abraham)

1. Joy/Knowledge/Empowerment/Freedom/Love/Appreciation
2. Passion
3. Enthusiasm/Eagerness/Happiness
4. Positive Expectation/Belief
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration
11. Overwhelment
12. Disappointment
13. Doubt
14. Worry
15. Blame
16. Discouragement

17. Anger

18. Revenge

19. Hatred/Rage

20. Jealousy

21. Insecurity/Guilt/Unworthiness

22. Fear/Grief/Depression/Despair/Powerlessness

More about Abraham-Hicks Emotional Guidance System

<https://www.youtube.com/watch?v=xa79PhMz9FU>

Dr. Joe Dispenza

[Dr. Joe Dispenza Resources](#)