

HEART MIND

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Excerpts from Dr. Jane Chin's 9 Month Journey
through the Heart Mind, a collection of
meditations about living an Authentic Life.

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Life In Between

You live with an outer universe and an inner universe.

Many people compartmentalize and fixate on one universe at the expense of the other.

What makes your “Life” Life is everything that happens in between your outer universe and your inner universe.

Generosity and Regeneration

Letting go of what you had fought hard, worked hard, and loved hard for – is a gift of generosity to others

and a gift of regeneration to yourself.

Because you give yourself the freedom to move into a new possibility and a new future.

What is the “Lesson”?

When you face an obstacle,
know what your real “Lesson” is.

Is your real lesson in creating opportunity within
an obstacle?

Or is your real lesson in finding courage to remove
yourself from a situation that created this
obstacle?

The One You Catch

Every time you come into contact with a person,
you are throwing a line into a sea.

You catch one person at a time. The one you catch
is the one who matters most.

If you want to make a difference in your life,
focus your full attention on each person you
engage with.

Approval Addiction

When I was a child, I was addicted to my parents' approval.
When I was at school, I was addicted to my teachers' approval.
When I was at work, I was addicted to my boss' approval.

There is no end to the colors, shapes, and sizes of approval.

But I have found quickly that
colors dull, shapes dissolve, and sizes distort.

Do you still yearn for the little gold paper sticker,
Even as you are learning to light up the stars within?

False Prophets

Thank the false prophets in your life.

They showed up to help you see that
Enlightenment does not come from them
or through them.

Because of false prophets,
Your thirst for Truth grows.

Reunion

When you stop test-driving other people's theories like a
used-car shopper,

When you stop searching for happiness like a driver
searching for a highway exit,

When you are left with your own devices,

You come one step closer to
reuniting with your inner wisdom.

You are one step closer to finding your way home.

Empty and Full

When you work from a place of fear,
you work at the periphery.

Soon you feel like you're running on empty.

When you work from a place of principle,
you work from the center.

Even before you become full,
You thirst to share what is filling up within
And you have absolutely no fear that
You'll ever run empty.

Problems or Decisions

Have you discovered yet that
The tangled mess of problems
You think you have in your life

Is actually a list of decisions
You need to make about
How you want to live your life?

Totality

The Journey is Not the Destination.
The Path is Not the Goal.

The Journey is The Journey.
The Destination is The Destination.
The Path is The Path.
The Goal is The Goal.

Each of these is Important and
Unique unto itself.

You don't have to compromise the
Totality of Your Existence.