

# Heart Smart Decision-Making

By Lyn Madaghiele

When you are faced with a decision that seems difficult to make, ask your heart. You'll make the decision that aligns with your highest good, and the highest good of all. Listen to your *heart*, rather than your head. Your heart will give you the right answer for you.

Decision-making can sometimes be complicated and confusing. For some, it can even seem frightening. When the results of our decisions do not produce what we had hoped for, we begin to doubt ourselves. We question ourselves, our abilities, and even our own worth. Negative thoughts produce more negative thoughts, and you'll find yourself spiraling down and feeling more restricted.

When you listen to your heart, you'll begin to produce positive thoughts. Positive thoughts produce more positive thoughts – and you'll find yourself spiraling up, feeling more expansive and hopeful, with new possibilities coming to mind.

How do you “listen to your heart”? Just turn your attention to your heart and keep your focus there until your answer comes. For example, I was torn between deciding to spend money on airfare to go visit my 89-year-old mother in Oklahoma City just before Christmas, or waiting until sometime this summer to visit her. My husband said to me, “I know what your head is saying, but what does your *heart* say?” After a few moments' focusing on my heart, the answer came: “Go now before Christmas!” As it turned out, I went to visit her on the weekend just before the really cold winter weather made travel difficult. And, my income increased amazingly to pay for my plane ticket!

Our bodies are built in a very miraculous way to facilitate decision-making. As the cells of a new human being are developing, the very first organ to form is the *heart*. Then the brain develops. Even though these two organs have different functions, they are designed to work together. We are supposed to use both of them to make decisions – with our heart knowing the deeper truth.

So, I use my heart to make decisions – and then my head to figure out the “how.” I have discovered that making decisions from my heart will bring greater joy and fulfillment into my life. If you're not used to making decisions with your heart, start with small decisions. Experiment with it – you'll discover how “smart” your heart really is, and you'll be happier and more fulfilled.

