

# WE SEEK TO SERVE – OPEN FORUM

## Thinking From The Heart Explained

Lord Maitreya  
and  
CELТ, the Conscious Expansion Leadership Team<sup>1</sup>

*Collin, a reader from South Africa, asks the following question:*

*We are often told to think from the heart and not from the head (mind).  
What does this really mean to think from the heart?*

### ***Maitreya***

What does it mean to think from the heart? This is an excellent question. I am very, very glad that someone thought to ask it. It is a term that is thrown out frequently, "heart, not mind." This needs to be straightened out and clearly understood.

Thinking with the heart. This does not mean thinking emotionally at all. While thinking with the heart definitely involves compassion, a major component of thinking with the heart is Oneness and thinking of the whole not just those you can see, not just those you know, not just those you know *of*, but thinking of the whole human family. That is thinking with the heart.

Now, what *is* the heart? Well, the heart you are being asked to think with is not the physical organ alone but rather the chakra, the energy point in the human body that is closest to the heart. That energy vortex, that chakra, is where there is a communication channel to the higher self, to the soul and via the soul to the energy group to which that soul vortex belongs and with whom that soul vortex works. And from that energy group, there is a communication channel to a larger energy group, being ever more expansive until you trace all the way to Source.

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<sup>1</sup> The Consciousness Expansion Leadership Team is composed of Anubis, Maitreya, Ondru and Osiris. Anubis and Osiris biographies can be found among the Off-Earth Allies. Maitreya and Ondru biographies can be found among the Community of Masters. CELТ introduces themselves and their mission in the January 2014 Panel Discussion.

And what comes through this access channel when you think with the heart are two very important pieces of communication. One: you have access to your soul's plan for this life, and via your soul's individual plan, you have access to the plan for the human family on Earth. And via the plan for the human family on Earth, you have access to divine plans of broader scope.

Now, do not think that everyone is obligated or expected to implement a very broad plan. But if you follow the plan for this life as it was laid out before birth and as it has been modified due to circumstances, then you are indeed cooperating with the plan for the human family on Earth and the Plan for the entire of planet Earth.

When plan alignments take place, there is a frequency alignment that harmonizes with the heart energy center, the heart vortex. And that alignment brings harmony and a certainty that you are acting for the good of the whole. Now, the mind cannot be left out, for it is the mind that orchestrates an implementation of any plan. And if this planned implementation does not benefit the whole of humanity, then there is something that is not harmonizing.

The second communication that comes through this heart vortex located in the center of your chest is information ... a reprise of all the lessons your soul has gathered in all its past lives. So you have access, via thinking from the heart, to the wisdom, the lessons, the experience and the skillset that has been acquired by your individual soul within the energy group with which your soul is affiliated.

And when you bring all of this together: access to coordinated plans for yourself, for the human family and for the planet, access to the frequency that harmonizes and creates a symphony from those who are working to support the Plan for this planet, and you bring to that all the wisdom, the skillset that you have acquired in prior lives, then you are thinking with the heart. You are bringing a powerful toolkit that can be paired with the active intelligence of your mind to implement plans for the good of the whole human family.

Thinking from the heart, taken in essence, is aligning with the Cosmic Plan and the frequency of that Plan as it manifests on this planet, and bringing to bear on that Plan all the experience, wisdom and skillset gained in prior lives as well as the wisdom and skills that have been gained in this life. Once that alignment takes place, then the mind orchestrates based on that information and you can begin to implement the portion of the Plan for planet Earth that is yours to manifest. When that happens, you will feel, literally feel and

exude the frequency that was intended, the frequency of the Plan for planet Earth.

That is thinking with the heart.

### ***CELT***

As the Consciousness Expansion Leadership Team, we would add that part of consciousness expansion is truly understanding thinking from the heart and what that means and truly understanding being guided from the heart and what that means to planet Earth.

And why do we say planet Earth? Because when human beings respond and act and think and listen to their hearts, they do not destroy the Earth, they do not destroy each other, nor do they destroy any of the kingdoms of Earth. Rather, they work in harmony with each other, with the kingdoms of Earth and with the entire body of planet Earth.

It cannot be otherwise, for there is a frequency, a harmony, a symphony that is Earth in all its aspects from the physical body that you see to the etheric physical body you do not see and that pattern applies to every single kingdom on this planet. There is the dense physical and there are more rarefied versions of each kingdom as each of these kingdoms harmonizes with its own frequency and its own plan for its own evolution.

And all of those plans come together to be a massive symphony for the Plan of Advancement, the Plan of Spiritual Fulfillment for planet Earth. That is what we would add to this answer.

Thank you.

Maitreya and CELT\*

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