

## SPARK 033

(Matrix Code: **SPARK033.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** There is a difference between your heart and your soul. Your heart is for giving to the people you love. Your soul is for giving to your destiny.

**NOTES:** In career-oriented consuming-as-entertainment high-speed lives as promoted by modern culture, considerations about your heart and your soul may seem irrelevant or antiquated, better suited for romance novels or religious studies. But without making these distinctions any number of heart-breaking soul-starving scenarios can arise and undermine your potential peace and harmony in disconcerting ways. Not knowing about these distinctions you have no idea what to try when the undefined disturbances become chronic. All you know is that you must try something before your relationship spins apart into merely another casualty statistic on the divorce charts.

The heart and soul are two centers of your four-body system, the other two being the mind and the physical body itself. As with every one of the four bodies, the heart and soul each require a different kind of food in order to thrive.

- The physical body is nurtured by clean air, warm sun, fresh water, exercise, touch, and healthy foods like fruit, vegetables, proteins and carbohydrates.
- The mind is nurtured by stimulating ideas, information, distinctions, entertainment, challenging problems, clarifications, systems and models.
- The heart is nurtured by companionship, communication, being heard, sharing feelings, clear boundaries, intimacy, trustworthiness, acceptance, contact, and love.
- The soul is nurtured by clarity of purpose, vision, inspiration, leadership, respect, nonlinear information, and possibility.

Neglecting to feed the heart or soul leaves them withered and weak, desperate to do whatever it takes to survive. Trying to nurture the heart with soul food or the soul with heart food may seem to work for awhile but will result in malnutrition, like trying to survive on only doughnuts or only fried chicken. Sooner or later the whole system bloats and gives out.

(Note: In these scenarios stereotyped roles were used for the sake of brevity.)

Scenario #1 The good hubby. The man's work does not fulfill his soul but he does not notice. He has given his heart and his soul to his family. His heart is fed from general family love but not by the love of his woman. Since her man is only being good and does not live authentically inspired he does not turn her on. The woman has sacrificed the health of her heart and soul in exchange for security provided by the good hubby. Hubby does not flirt or drink and he pays the bills and fawns on her in a boyish way. But the woman deeply wants her man to give her his man-heart also in erotic ways, and she wants him to give his soul to some kind of work or projects that totally turn him on. The man thinks these things would be naughty or selfish so he does not try it.

Scenario #2 The kickabout. The man has found a woman and rather than risking his soul with his destiny or his heart with his woman he does what little is needed to get

by. The woman neither understands nor respects that her man has a soul. She just knows that she wants her man to be home with her and help with family life. She considers her man's work to be an energy drain, complaining that he invests too much time at work and does not bring home enough money in exchange. She gives her heart to her children and wants her man to love her anyway.

Scenario #3 The professional. The man has created fabulous work that abundantly feeds his soul. Every day he gets to be his destiny in action, managing creative projects and making a difference for the community or humanity at large. He sweeps his woman into his inspired vision and for a while her soul is fed too. But the man is feeding his heart on an overflow of soul food and does not know that his heart and his woman's heart are starving to simply be open with each other. Heart food seems too soft and tender to be real to him compared to the glorious vibrancy of soul food. He is shocked when she runs off with a simpler man for the sake of heart food intimacy.

Scenario #4 The scientist. The man is involved in high-powered technical development or research. Every day he is bathed in an abundance of rich sophisticated intellectual food. He mistakes intellectual ecstasy as both heart food and soul food. He centers himself in his mind so he does not feel the starvation of his heart and the emptiness of his soul. His woman sees that he is happy with his mind-centered work, but she is starving on every level in her relationship with him. She cannot even share intellectual intimacy with him because anything she could offer just bores him and anything he offers just sounds crazy to her. So they watch movies together.

Scenario #5 The nurse. The woman is a healer. She heals with love. She gives her heart so abundantly at work that she feeds her heart and her soul with heart food. Her soul is not properly fed because she is so involved with her heart. She comes home to her man who wants her heart and she looks at him like he is just another patient who wants healing. Her heart is already overused so her man gets little.

Serving your destiny principles feeds your soul. Serving your relationship feeds your heart. You need to feed both. So does your partner. If you try to make your partner choose between feeding their soul with their work *or* feeding their heart with you, you end up with someone who is half alive. If you confuse your heart with your soul, or if you confuse your relationship with your destiny, imbalances prevent you from further development. If you try to give your soul to your mate, they do not want it, and they get frustrated. Even if they cannot articulate it they want you to give your soul to your destiny. They want you to be alive and inspired by serving your true purposes, and to bring that aliveness and inspiration to them heartfully.

## **EXPERIMENTS:**

**SPARK033.01** Clean up your act. Feed your heart with heart food from your partner. Feed your soul with soul food from your inspired work. As you make this distinction, notice what changes. Some people report that they gain a lightness of being, as if their soul is liberated from an unknown burden. Some people notice that their daily work resolves into new levels of effectiveness, or that they have the courage to create far more boldly and with a newfound assuredness - without the fear of losing love if they fail. Some people find that their relationship blossoms with a new freedom of

expression, like it has been washed clean of an ancient contamination. Take note of the changes you experience and write them down.