



Sibella Circle Member & Visionary Leader

**LIVING AND LEADING A HEART INTUITIVE LIFE**

*Driving a New Heart-Life Vehicle*

By Lisa A. Clayton

**From a small child, the heart has fascinated me with how it functioned physically keeping us alive with every beat.** Yet its “feeling” power with such a broad landscape of emotional possibilities was mesmerizing. As I experienced different types of emotions, I felt they were coming from a deep intelligent and intuitive heart system.

Phrases such as “broken heart” became a norm in our family as each time we lost a farm animal, a field of crops or close relative or neighbor, our hearts mourned and felt sad, deep grief. Yet, on the opposite side of the emotional landscape, our hearts felt joy and happiness at church services, weddings and birthday celebrations.

“Follow your Heart” became such an intriguing cliché. It’s interpretation ranged widely from church ministers to spiritual gurus to people dying with their last words of advice. What did this phrase really mean? I was determined to understand this “thinking-ticking” of my heart and why emotions made it feel with such intensity, especially in making key life decisions. I believed my heart had a brain of it’s own yet every time I would bring this idea up to my school teachers or elders, they would scoff and say, “Your brain is in your head, silly girl!”

One day, as I was sitting on my Grandmother Agnes’s front porch swing, we were contemplating together a major life change that was swirling with indecisiveness in my yearning heart. Confusion prevailed as my mind kept telling me it was not logical to quit a tenured teaching position; giving up the opportunity to becoming an elementary principal that would disappoint many families, children and teachers who depended upon me. Grandmother held my hand as I asked her advice. “What does your heart say?” she whispered. She squeezed my hand tighter and explained my mind was spinning in overdrive; trying to control the direction as my heart was trying to speak. “Listen to your heart. Place your hand over your heart, look up to the sky and connect with your angels and ask, what now?” As tears filled my eyes, I listened and the message was loud and clear to leave my teaching position. Before we left her porch swing on that summer day, she reminded me not only to follow my heart, but listen intently as it has an intuitive wisdom much greater than the mind’s intellect.

My grandmother’s advice was again validated when I became an ordained Angel Minister. A message came clearly to me during the ordination to teach “Whole Heart Happiness” to the world through the guidance and direction of the angels speaking through my heart’s essence.

I am driving a new heart-life vehicle. My heart is the driver with my mind riding along as a cooperative passenger. When my mind starts giving directions or criticizing the speed, I gently place it in the backseat reminding it to be still until it can ride up front again in peaceful harmony. Trusting daily in this heart ride brings ever-flowing happiness.

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*And when at last you come to the end of yourself and begin to think about what you might have done if ...  
Fear and regret are both very paralyzing enemies. At all cost, do not let either of them defeat you. ~ Sibyl English*