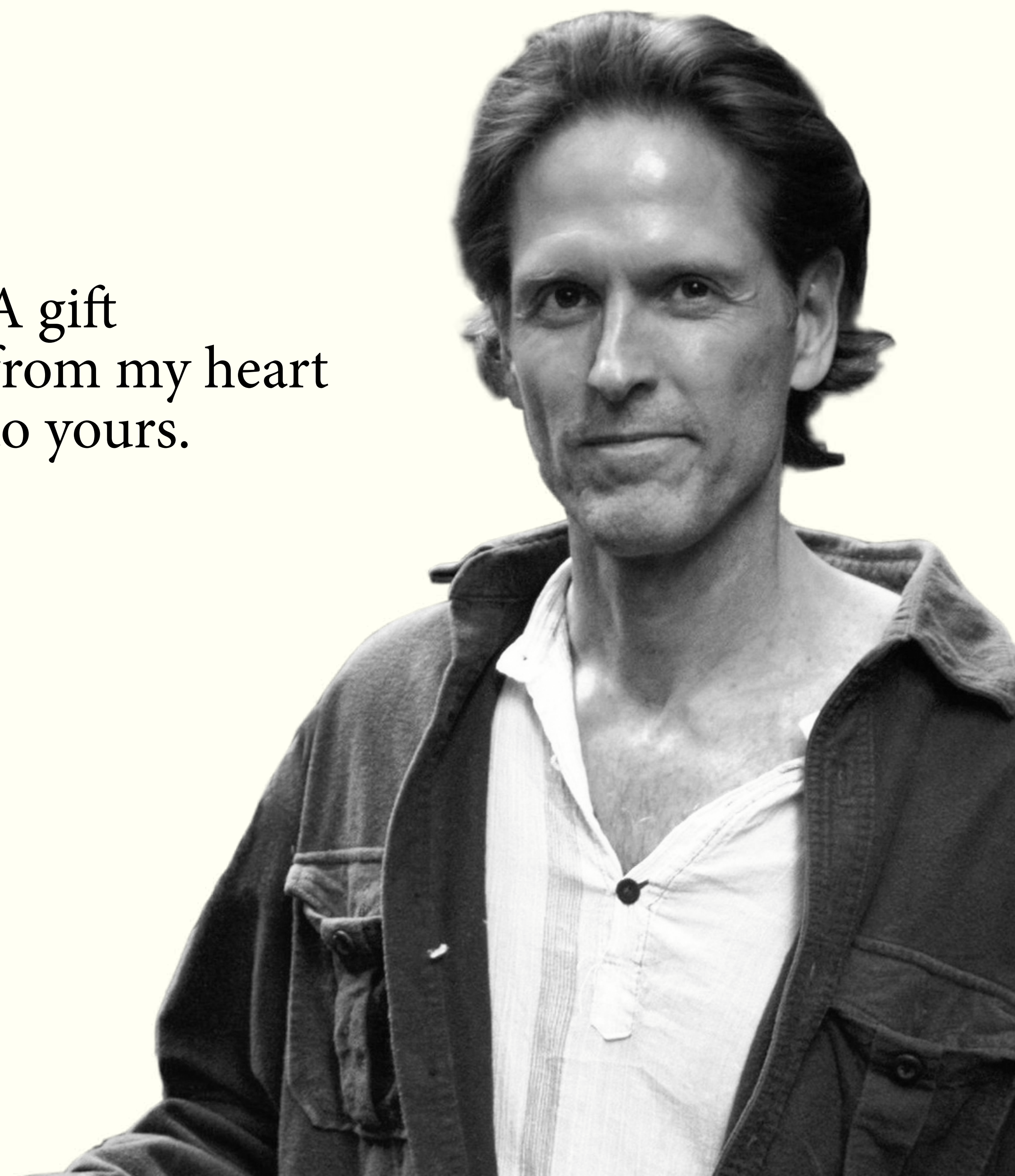


*Would
My
Heart
Think
This
Thought?*

Glenn Berkenkamp

A gift
from my heart
to yours.





WOULD MY HEART
THINK THIS THOUGHT?

Glenn Berkenkamp



Copyright © 2015 by Glenn Berkenkamp. All rights reserved.

Cover photo and design by: Glenn Berkenkamp

Layout by: Navyo Ericson and Glenn Berkenkamp

No part of this publication may be reproduced without written consent of the author.

Contact the author at: LivingTheHighestYou.com

INTRODUCTION

I am happy that this heart book has found its way to you.

It's been said that the 18 inches that it takes to get from the head to the heart is often the most rewarding journey one can embark on. This book is designed to help you along that journey. It's a wonderful companion for those exploring meditation, mindfulness practices, and positive affirmations.

In the pages to come you will find many of what I believe to be valuable "heart-centered" reframings, presented in this format:

The head says this: "..."

Immediately followed by

The heart says this: "..."

These are meant to jump-start your journey from head to heart. You can use this practice for any thought that may arise as a way of shifting perspective and also cultivating a greater sense of compassion for yourself and others.

For some it may be helpful to use the word "ego" rather than head. That's up to you. And of course you could also ask: would my higher nature, my "higher self" that is beyond ego, think this thought? These are of immeasurable value. But the intent of this book is to steer us deeper into the heart.

I know I'm asking you to take a leap here and view your heart not just as an organ that pumps blood but as an actual center where the essence of love, wisdom and kindness abounds. But I think many of us are familiar with this "larger viewing of the heart" idea. And of course one cannot dismiss the moment to moment contributions of the intellect, but there is a balance to be had, and many of us are out of balance, spending the bulk of our existence in our head – and not in our heart.

I have faith that this simple practice will serve you well.

The Head says...

“There’s only one way.”



The Heart says...

*“There are infinite ways.
But most importantly, there is
your way.”*



The Head says...

*“You’ve failed in the past.
You will fail again.”*



The Heart says...

*“You’ve grown in the past.
And through these seeming failures,
you shall continue to grow.”*



The Head says...

“You are unloveable.”



The Heart says...

“You are loveable beyond measure.”



The Head says...
“You are unworthy.”



The Heart says...
“You are worthy of all and more.”



The Head says...

“You need to become something greater.”



The Heart says...

“You are perfect just as you are.”



The Head says...

“The world is scary.”



The Heart says...

*“Look from within me,
and you will see the world’s beauty.”*



The Head says...

“Who are you to be so happy?”



The Heart says...

“Happiness is your birthright.”



The Head says...

“I hate my relationships.”



The Heart says...

*“Settle deeper into me and you will find
a new way of viewing and creating
all relationships.”*



The Head says...

*“You’ve been hurt before,
why be vulnerable again?”*



The Heart says...

“Your vulnerability is beautiful.”



The Head says...

*“Your anger keeps you strong,
don’t try to tame it.”*



The Heart says...

*“When aligned with love,
your strength has no limits.”*



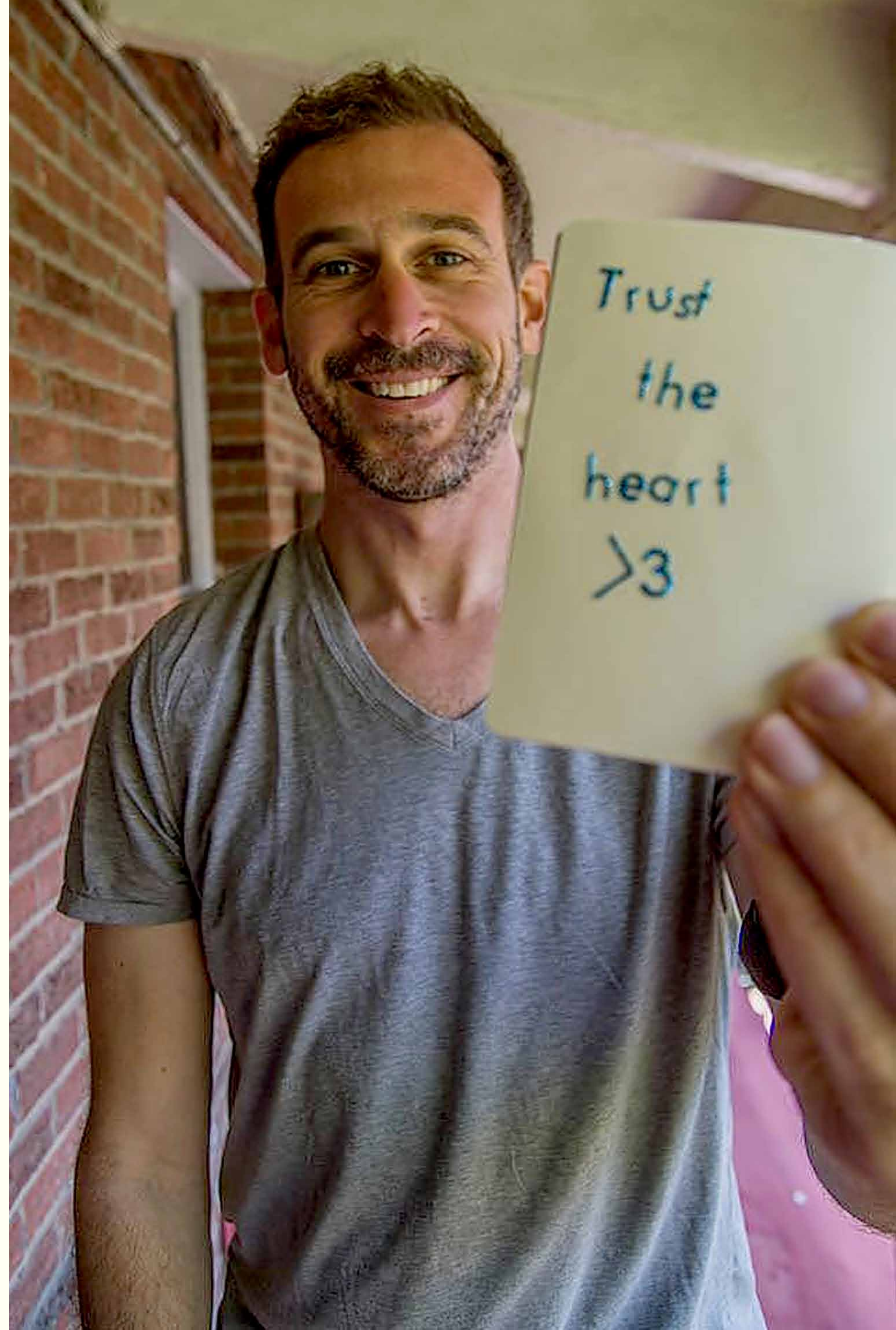
The Head says...

“What can you do for me?”



The Heart says...

“What can I do for you?”



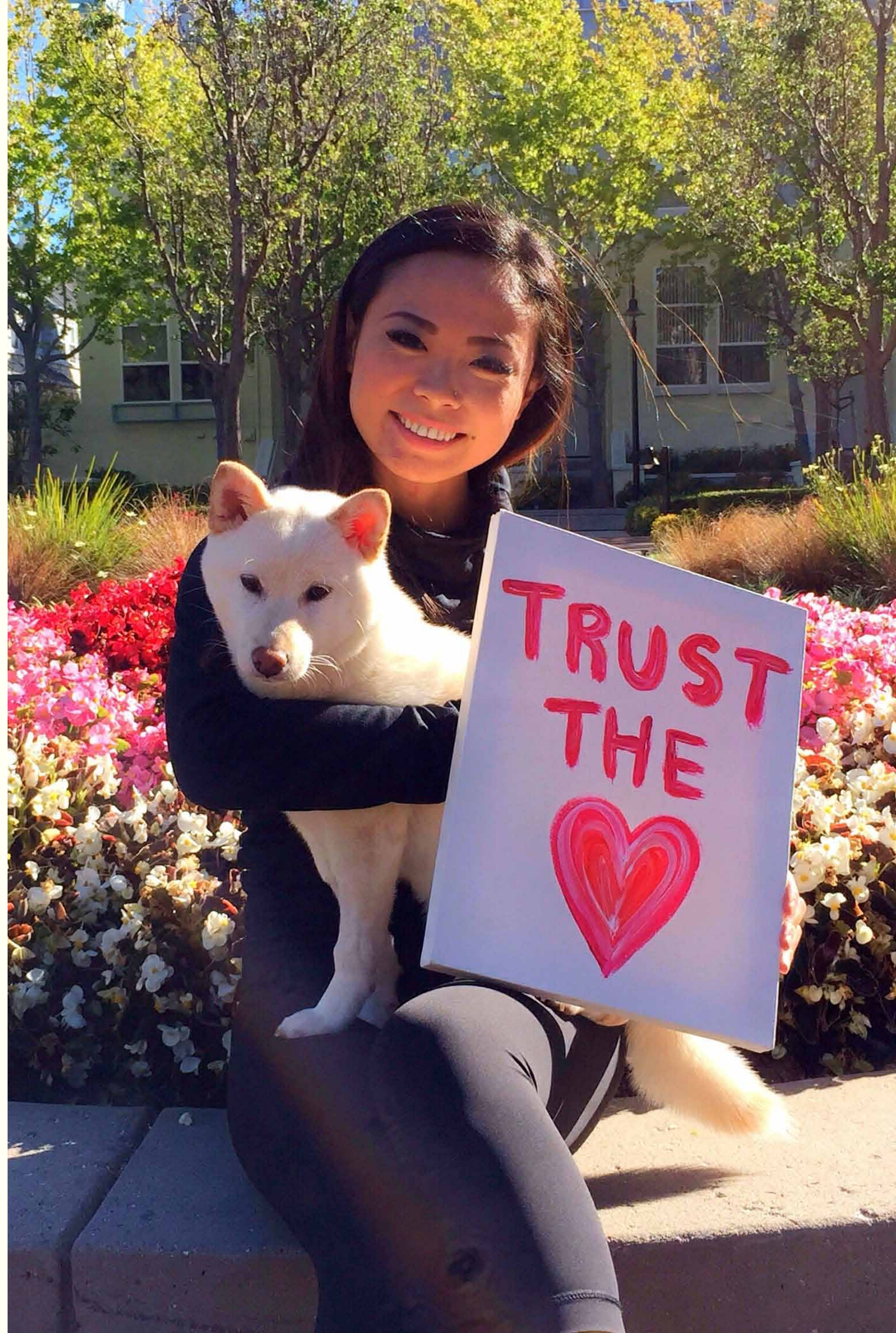
The Head says...

“You can celebrate and enjoy life when you’ve reached your goal.”



The Heart says...

“You can celebrate and enjoy life right now in this moment.”



The Head says...

“Higher learning only comes from external means.”



The Heart says...

“The highest learning comes from within.”



The Head says...

*“There is a time for love and a time
for all else.”*



The Heart says...

“All time is time for love.”



The Head says...

“Dreams can be a distraction.”



The Heart says...

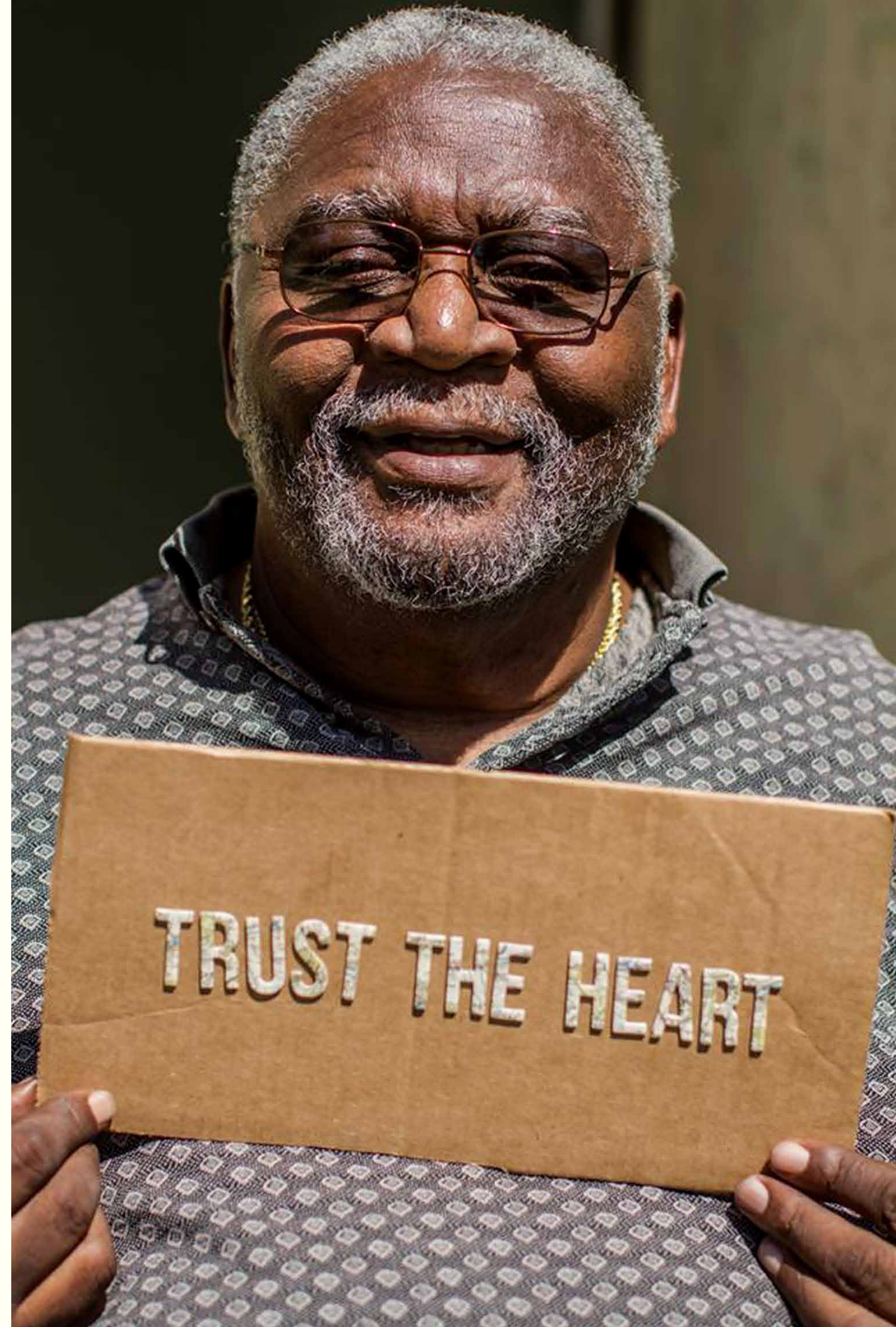
“Dreams may be your greatest ally.”



The Head says...
“Prayer is useless.”



The Heart says...
“Prayer is home.”



The Head says...

*“You know nothing about that,
forget it.”*



The Heart says...

*“You may know nothing about it now,
but you can learn whatever it is
you need to learn.”*



The Head says...

“People never change.”



The Heart says...

“People change all the time. And that change often begins in the heart.”



The Head says...

“How much longer will you keep this up?”



The Heart says...

“Is this still serving your greatest good?”



The Head says...

“That person looks ridiculous.”



The Heart says...

“That person is unique.”



The Head says...

“You’re running out of time.”



The Heart says...

“You’re eternal.”



The Head says...

“This is the worst day of my life.”



The Heart says...

*“You’re still alive. And in this moment,
you do not yet understand this day.*

*Give it time.
Concentrate on the good.”*



The Head says...

“Face it, you’ll never understand.”



The Heart says...

“You may not need to understand.”



The Head says...

“I hate life.”



The Heart says...

“You are displeased with a situation or a string of moments. This is not all life, but just one sliver of a magnificent journey that can and will improve.”



The Head says...

“Love is messy.”



The Heart says...

*“Love is only as messy as you allow
the ego to make it.”*



The Head says...

“Why am I the only one with problems?”

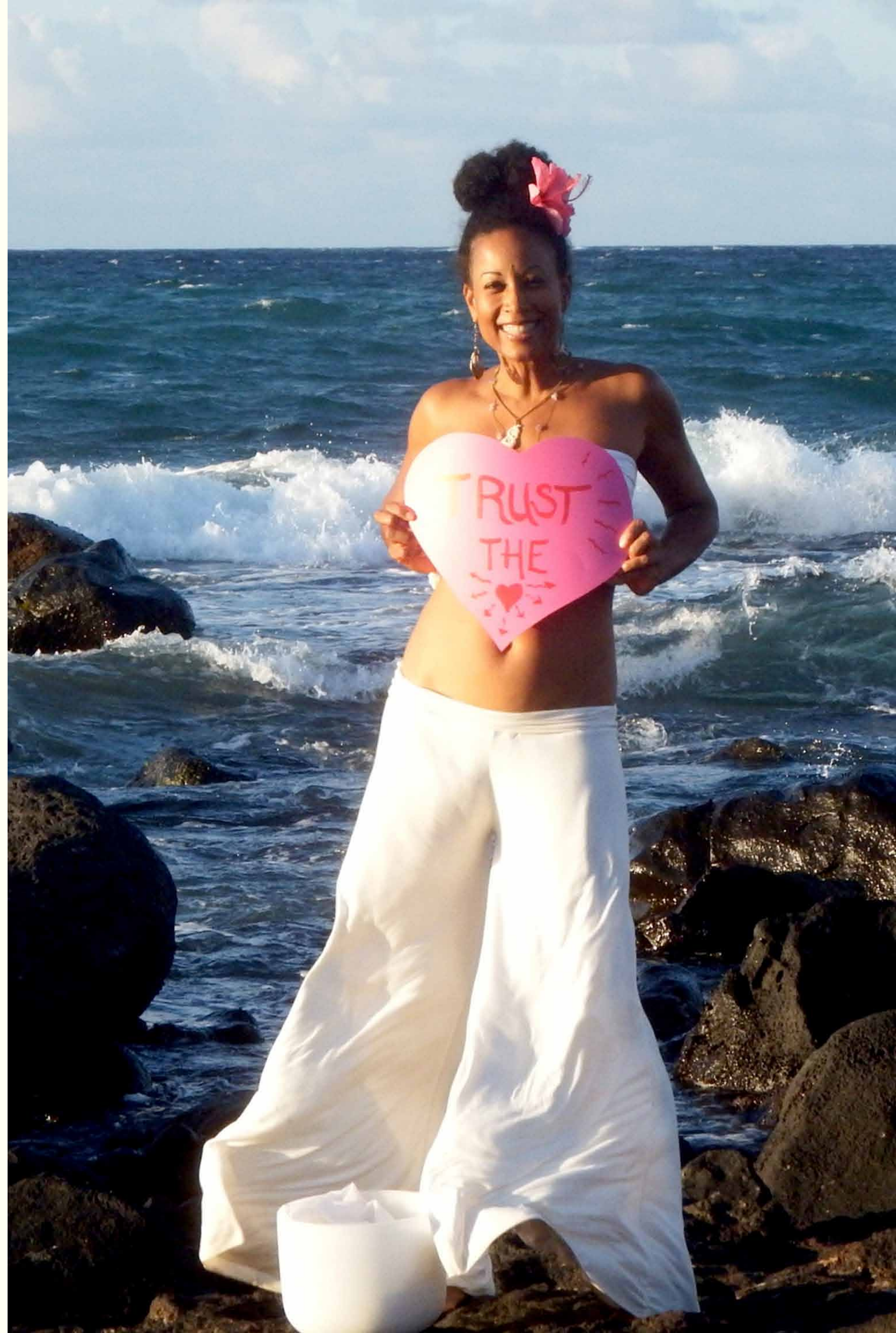


The Heart says...

“Everyone, whether they reveal it or not, has struggles and lessons that they can choose to label as problems or choose to view as opportunities to grow.

Choose growth.

And remember, there’s no such thing as separation. When one hurts, all hurt.”



The Head says...

*“I hate her/him/them.
They lie constantly!”*



The Heart says...

*“Hate and lies are born in the same house.
Step outside this house and live fully the
example of truth and understanding.”*



The Head says...
“You’ll never fall in love.”



The Heart says...
*“You are love. Start there. Build on this.
And all else shall fall into place.”*



The Head says...

“That person is clueless.”



The Heart says...

“Just like you, that person is serving their purpose on Earth. And just like you... it happens to be perfect.”



The Head says...

*“There is no way I would ever forgive
him/her/them.”*



The Heart says...

*“Freedom, yours and theirs, often begins
with forgiveness. Don’t be afraid to grant it
or receive it. For the alternative
serves no one.”*



From this moment on, whenever an unpleasant thought arises, or a thought that brings stress upon you or judgment toward another, ask yourself:

“Would my heart think this thought?”

If the answer is no, try to reframe it with a heart-based, “heart-centered” thought. But also know that just by asking this simple question, you have already made a positive change.



*May we ALL connect deeper
into our hearts.*



THE PHOTOGRAPHS

After I conceived the idea on how best to express the messages contained in this little book, I asked thirty friends from different parts of the world to take a photo of themselves holding a “Trust the Heart” sign. To my, and I believe your, great benefit, each one of them agreed. I cannot describe the immense joy and deep appreciation I experience each time I view one of their photos.

So with this, I’d like to offer my bright shining models a humble bow and a heartfelt thank you.

GLENN

Glenn Berkenkamp has explored and shared ultimate wellness and inspired living through the mind-body-spirit connection for a quarter century. His talks, workshops, and writings elevate our daily experience, unite us in something greater, and bring us to a larger awareness of who we are. From this space, the impossible often becomes possible; the ordinary, beautiful; and the miraculous, our home. A former bodybuilder and fitness expert, Glenn is a storyteller, screenwriter, transformational speaker, and the creator of the *Writing Into The Now* workshop. He is the author of *Mastery: Living the Highest You, Would My Heart Think This Thought?* and *Walking with Glenn Berkenkamp: 35 Wellness Walks to Expand Awareness, Increase Vitality, and Reduce Stress*. He resides in Northern California.

AN INVITATION

I’d like to invite you, my dear reader, to keep this going. How? By living it, of course. But also by sharing on social media. I’d truly love to see this heart message light up our world. And I know it’s possible.

So I’m inviting you to add your presence by making your own “Trust the Heart” sign - it can be a physical sign or you can create one right on your iPad or tablet, like my friend on page 23 did - then take a picture and share it across your favorite social media. Be sure to include the hashtags #trusttheheart and #livingthehighestyou

Feel free to share it on Facebook at

facebook.com/AuthorGlennBerkenkamp - my author page

facebook.com/Trust-the-Heart - Trust the Heart page

or send it directly to me at glennb@LivingTheHighestYou.com

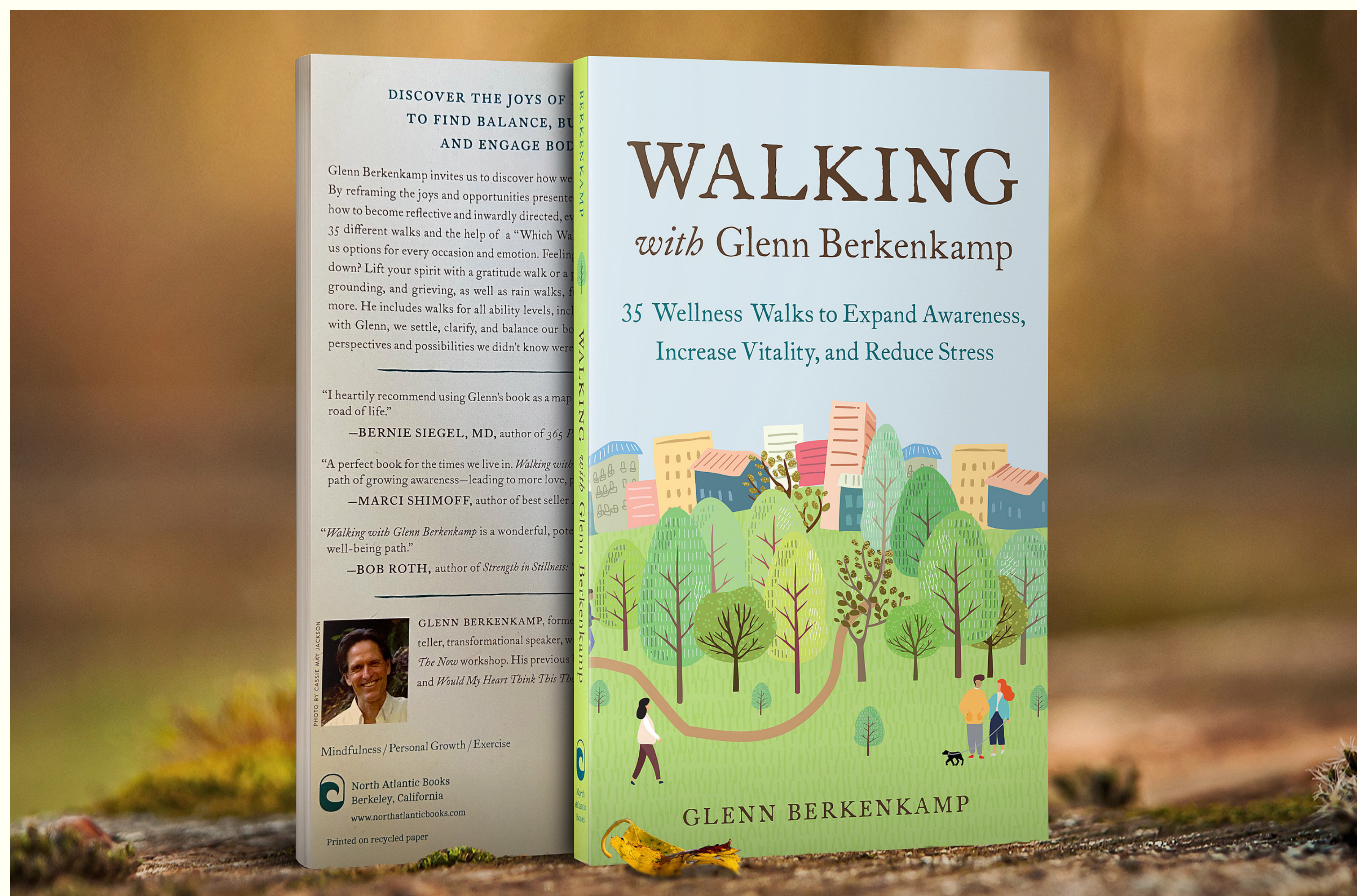
You can also find me on [Instagram](#) and [Twitter](#)

Be well, trust the heart, and let’s grow this,



LivingTheHighestYou.com

OTHER BOOKS BY GLENN



Walking with Glenn Berkenkamp

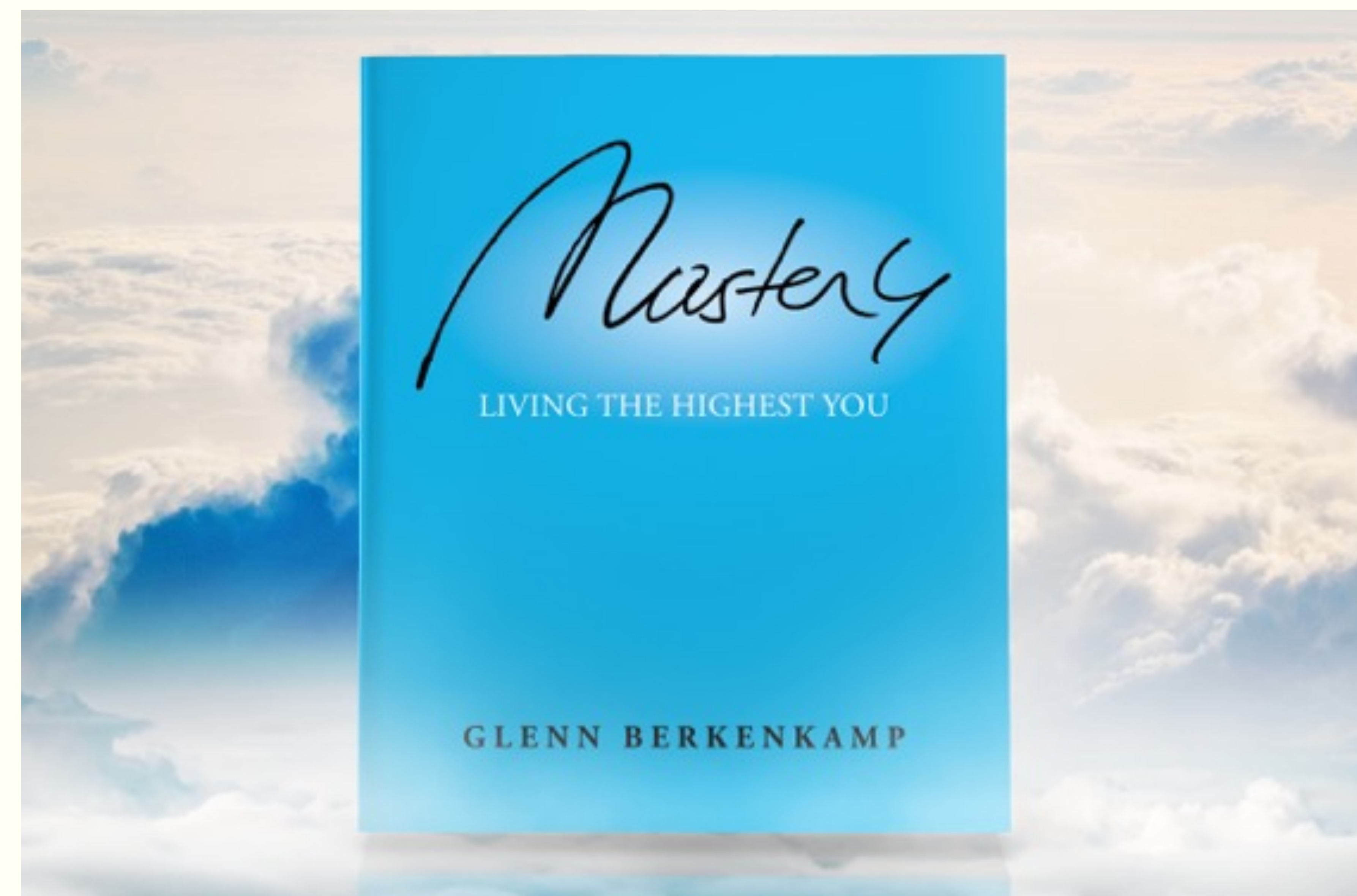
Discover the joys of mindful walking to find balance, build awareness, and engage body and mind.

In 35 guided mindfulness walks, Glenn Berkenkamp invites us to discover how we sense, move, think, and feel in our bodies — and engage a greater sense of presence and being in our lives.

“A perfect book for the times we live in. *Walking with Glenn Berkenkamp* guides us gently down a path of growing awareness — leading to more love, play, ease, and happiness.”

— Marci Shimoff, author of the bestsellers *Love for No Reason* and *Happy for No Reason*

[Purchase or learn more](#)



Mastery: Living the Highest You

Packed with powerful spiritual truths and “real-world” guidance presented in a way that is easily absorbed, *Mastery: Living The Highest You* is a one-of-a-kind book that will give back to you for the rest of your life.

“There is something very powerful about this book. It goes beyond the words. I view *Mastery: Living The Highest You* as that little handbook that Masters — and would-be Masters — carry with them throughout their life. A book that you can open randomly to any page, at any moment, and receive exactly the guidance, insight or reflection that you need. *Mastery* is a gem that reconnects you to your soul.”

— Carmine Del Sordi, author of *Welcome to the Big Leagues: Nine Innings of Essential Tips for the Corporate Rookie*

[Purchase or learn more](#)