

Answering This Question Could Change Your Life

1 mensaje

ignacio darnaude <iggy5@pacbell.net> 28 de septiembre de 2016, 20:03
Para: ignacio darnaude <iggy5@pacbell.net>



heartintelligencecoach.com

We cannot waste
time. We can only
waste ourselves.

~ George Matthew Adams

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Answering this Question Could Change Your Life

There are two things I undoubtedly know about you: One, you're going to die. Two, you don't know when.

Throughout my life, I've experienced the physical deaths of my father, mother, a brother, a sister, my best friend, and a girlfriend. As a result of going through these experiences, I became more loving.

I started saying 'I love you' more often, hugging more, kissing more, and acting on EVERY impulse I had to express my love. Because you just don't know if this time, this moment, this instant that you're spending with someone you love will be your last.

I'm of the idea that the inventors of the first clocks ever made, did so inspired in the lub-dub beating of our hearts. If you take a moment to feel your heart beat now, you'll hear a lub-dub, lub-dud, lub-dub...

One day, that lub-dub will stop. You don't know when.

One day, that ticking clock inside your heart, beating 100,000 times per day, will stop pumping life giving blood through your veins, and your experience of this world will cease.

And when it does, your whole life will flash right in front of your eyes as if you're watching a movie in high-speed.

Will you feel happy with what you see?

You'll look at yourself and see the beautiful and amazing person you are TODAY and wonder...

"Why did I waste so much time waiting for life to happen to me?"

"Why did I spend all that time, thinking about someone who didn't love me or care about me?"

"Why did I invest so much time and energy worrying about what others would say?"

"Why did I not follow my heart and went after my dreams?"

Only to discover, that what you wasted was yourself and all those possibilities of all you could become, do and achieve.

Questions That Will Change your Life

There's no faster way to dive into the depth of your heart and discover what is most meaningful and important to you than by facing the inevitability of your death.

If you're struggling to make some important decisions in your life, answering the following questions will help you get to the heart of what's most important, significant and meaningful to you:

IF you knew, without a doubt, that you only had 365 days to live, how differently would you show up for yourself and others in your life?

How would you spend this last year of your life? Who would you be? What would you do?

What would you create with the rest of your life? Would you keep the same job? Would you stay in the same relationship?

Would you continue to wait in vain for someone else to change or decide if they want to be with you or not?

Would you dare to ask someone out? Have more fun, smile, more, give more, love more?

What about...

IF you only had one month left to live. Would you continue to live your life the way you do?

IF you only had one week to live. What would be the most amazing and richly satisfying thing you could do that week?

IF you only had one day to live. What would you do and who would you spend it with?

IF you only had one hour to live. Who would you call? What would you say or do?

When I asked myself these questions, what I discovered is that I'd still be doing what I am doing, but I would be doing it differently...

I would be even more committed, and would show up with an increased sense of urgency. I would also be bolder in asking for what I want, and I'd take even more risks.

What about you?

Could you love yourself enough to look into the mirror of your life and have a heart-to-heart with your heart? And, would you listen - as if your life depended on it, to what the ticking lub-dub has to say?

Answering these questions will undoubtedly change your life.

Feel free to leave your comments [here](#).

Love.



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About Gabriel Gonsalves

Gabriel Gonsalves is a coach, writer, artist and an avid explorer of "The Path of the Heart". He is a leading expert in Heart Intelligence Coaching, a path to personal development that is heart centered, integral, results oriented, and deeply transformational. To work with Gabriel or to learn more about his work please visit www.heartintelligencecoach.com.



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