



An Open Heart
Comes from an Open Mind

Jean-Jacques Trifault

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by Jean-Jacques Trifault

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an Open Mind*

In our daily lives, a multitude of actions and events are constantly occurring. Our purpose here on earth is to respond to and to welcome all of these many events. By doing so, we receive love and develop into people with good personalities.

For example, our minds may be focused on a certain thought when unexpectedly some other event occurs around us. In that moment we can accept to abandon the thought we were focusing upon and respond to the event taking place around

us, or we can refuse to be engaged by that new event and sink deeper into our current thought.

If we wish to be able to respond to all different kinds of events, we need first to have what is often called, an 'open mind'. An open mind is important because it is connected to our ability to receive love. When we open our minds it means we are serious about giving a chance for love to be received inside us.

Most of us will agree that the thing we want most in life is to receive and to give love, is it not? But it seems we must not have received much love, because we often continue to look for it as if we never had it. One of the main reasons



we appear to be deficient in love is because of some element within ourselves that rejects love, regardless that our wish is to receive love. To examine this element that is against love, we can take a moment to observe some of our behavior.

Most of us realize that although we wish to welcome events occurring around us, we often reject new situations or actions just because we do not like the way something was said or done. But through this behavior we are closing our beings, which creates problems within ourselves because we are no longer able to receive the love that was being transmitted to us.

Let us use a simple example. Imagine someone offers to buy you a certain pen. If you do not like this specific style of pen or

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you believe you already have enough pens, you may reject that offer without realizing that the pen was a symbol of something else that person wanted to give to you, a symbol of friendship or love. Or let's take another situation where someone says to you that you have cute eyes, but you do not like to hear this remark because you consider that person might be joking or you believe he should not make such a comment because he is not closely connected to you. Yet, if you could accept that comment about your eyes in your mind, you would reply, "Thank you" to the person and you would receive love.

It is important to understand that when you accept words concerning you, this acceptance allows you to receive love inside your being. Therefore we can say that it would be good to accept everything around us, because through that behavior we have

more of a chance to receive love, the love that is contained within the words being expressed or in the actions being performed

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in connection to us. Vice versa, every time we refute what we hear in the name of it not being right or not being exactly right, or even being completely wrong, we place ourselves in the position where love cannot approach us.

If we observe our daily behavior we can see how many times we do not like something that people give to us. One reason we reject things is because our viewpoint is often based on self interest. When we hear someone say something or try to do something in connection to us, we are unable to recognize what they do or say because we are so concerned about how it will profit us.

Path to Wisdom Series Volume IV

An Open Heart Comes from an Open Mind

EXCERPTS

- “GOD’S OPENNESS SURPASSES THE IMAGINATION OF HUMANKIND, AND SHOULD GIVE US A BLUEPRINT OF HOW WIDE OUR OWN MINDS SHOULD BE.”
- “IT IS HUMAN BEINGS WHO CONTROL THE LOVE WE RECEIVE BY CHOOSING OUR THOUGHTS, WHICH DETERMINE HOW WIDE OR HOW NARROW OUR MINDS CAN BECOME.”

The insights offered in this volume came from the author’s life experiences as he sought to gain God’s viewpoint in the midst of challenging situations, and are offered as a light for anyone seeking to discover God’s heart and to enrich his or her life’s path with a new understanding.



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