



Connecting with the Heart

When we speak of the ‘heart of something’ reference is often made to ‘what is at the core’ or ‘when everything is peeled back what is at the centre.’ Connecting with the heart is about connecting with what is important to us, or what really matters. It is about reflecting on more than the logical or the cognitive. “Deep in our souls is a yearning” (O’Leary p 176).¹ Connecting with the heart opens up and brings to recognition these yearnings. This time invites reflection and contemplation.

This Spiritual Capability may involve:

- Acknowledging and valuing one’s own feelings and emotions and those of others
- Being vulnerable in a safe and emotionally secure environment
- Creating suitable time and space
- Being aware of the innermost attitudes, thoughts and emotions and letting these be voiced or left silent
- Naming what is important.

Examples of educators promoting this capability could be when they:

- Provide time for adults and students to analyse what is important in their lives
- Create opportunities for time and space (both physical and other) for reflection
- Explore what is valuable and why.

¹ O’Leary, D (1998) *Passion for the Possible - a spirituality of hope for the new millennium*
The Columba Press Dublin