

Warm Heartedness

By R. Reddy Sama

"The human heart feels things the eyes cannot see, and knows what the mind cannot understand." ~ Robert Valett

"With warm-heartedness... there is no room to exploit or to bully others." ~ Dalai Lama

"Waking up to Oneness and Celebrating Separateness." ~ WitnessingWorks.com - Theme

To live a cold life, is to live without really living – and many people are living a frozen existence. Lack of warm-heartedness is why there are so many lonely people in the world. Some turn cold and create loneliness for others. Yet they could choose to be warm, which is very natural to life. Some people die emotionally long before physically, suppressing the beauty of life in it's richest moments.

Warmth is the essence of life. The more warmth flows from you, even more warmth flows back to you and the richer life you will enjoy. Love is the secret of remaining warm – so give love, deep and true. Love extends beyond people – we should treat all things in our environment with love and respect. It seems strange when people look down when walking through the woods. Why not look up at the treetops, marveling at their beauty and perfect design. Trees are so warm-hearted, their roots join together underground. In fact, the largest living organism in the world is the Sequoia National Forest in California. These massive trees know that if they stay together by joining roots and help each other, the whole community thrives.

	Dimensions	1st	2nd	3rd	4th	5th	6th	7th
	<i>Metaphors</i>	<i>Earth</i>	<i>Rock</i>	<i>Seed/Tree</i>	<i>Ice</i>	<i>Water</i>	<i>Cloud</i>	<i>Sky</i>
No.	Category	Separateness	Sensation	Power	Joyful Acceptance	Appreciative Inquiry	Witnessing Awareness	Oneness
1	Individual	"1. Hell on Earth 2. Parama-Atom	Single Belief / Thought	Likes/Dislikes	Basic Values and Gunas	Space & Time / Authentic Total Being	Witnessing Awareness	"1. Heaven on Earth 2. Param-Atman
2	Couple	Ego/Suffering	Pain/Pleasure	Happiness/ Unhappiness	Joy	Bliss	Loving Awareness	Cosmic Consciousness
3	Family	Family Chaos	Get / Get	Get / Give	Give / Get	Give / Give	Meditation / Love	Family Harmony
4	Community	Personal Mission	Commanding / Demanding	Controlling / Reforming	Influencing /Transforming	Appreciating / Enlightening	Gratitude	Community Harmony
5	Country	Citizen Chaos	Deforming	Reforming	Transforming	Realizing	Transcendence	Country Harmony
6	Global Corporation	Employee Mission	Commanding / Demanding	Controlling / Reforming	Influencing /Transforming	Appreciating / Realizing	Gratitude	Global Harmony
7	Cosmos	Human Chaos	Energy	Force	Power	Intention	Grace	Cosmic Harmony

Reasons for Cold-heartedness: There is fear in giving love. Fear of commitment, hurt, or love not being returned. Rather than facing fears, people escape instead. But living without commitment is one dimensional. That life will never have the growth of multi-dimensional relationships. To experience a full life, one needs involvement in many activities such as: art, music, sports, etc. More involvement means more to enjoy and look forward to.



R. Reddy Sama, President/CEO of Witnessing Works, Inc. and he is a Certified CTT Consultant. He lived 25 years in India, and 25+ years in USA. www.WitnessingWorks.com. email: redrysama721@gmail.com.

