



The Longest 18 Inches: How to Get Out of Your Head and into Your Heart

By Leah Grant

Welcome to The Longest 18 Inches: A Guide to How to Get Out of Your Head and into Your Heart

I'm Consciousness Catalyst, Leah Grant, and I'm excited to share this information with you because I was once someone who lived mostly from my head. I considered my heart, but I filtered it through my head.

In this guide, I'm going to share with you how to connect to your heart. What I mean by connecting to your heart is to allow yourself to hear the voice of wisdom, passion and love within that knows exactly what is in alignment with you and your purpose at any given moment.

Sounds easy and it is, except there are much louder, more logical voices that demand we listen to them. They can come from those around us or they can come from within. And because they can justify and clarify themselves faster and with more aggressiveness than the messages of our heart, they often drown out our inner voice.

This is why I called this guide the longest 18 inches. 18 inches is the approximate distance between your brain and your heart in your physical body, but when you are in your head making the journey to your heart can seem like its 18 miles instead of 18 inches.

I have been coaching for about 22 years and I see this pattern play out in my clients all the time. In our quest for balancing family, business, and ourselves we operate more on autopilot focusing on what we need to do—what that louder voice tells us is the logical thing to do. This louder voice makes sense so we don't doubt it.

Operating this way is supported by society because we are taught to drive results, be persistent and push through till we achieve our goals. As successful humans, we are tenacious. Unfortunately we are often directing our tenaciousness toward goals that aren't inspiring us or taking paths to results that drain our excitement and passion.

I believe that your greatest gift is to come from your heart—to make choices based on your values, your passion and your intuition--but to use these gifts within you, you first must be able to hear the message they have for you.

So today, I'm going to share with you:

- Five common every day activities that you're doing to sabotage the flow of energy from your heart in your life.
- I'm going to reveal the most critical state you must create to feel love, receive love and give love.
- I'm going to talk to you about the three most promising love clues that let you know it's time take the 18 inch journey and connect your head and your heart.
- Lastly, I'm going to offer you an opportunity, if you still stuck, to get some assistance bridging that 18 inches.

I know I'm sharing a lot, so grab a cup of soothing tea or a green drink and immerse yourself in these concepts that can be applied over and over to get and stay connected to yourself.

What Do I Know About This Topic?



Since many of you may not know me, let me share a little about who I am and why I am passionate about sharing the importance of, and how to, love yourself.

As I mentioned earlier, I have been coaching for a few decades. I'm a Master Certified Coach through the International Coach Federation. I have also earned my Certification in Neuro-Linguistic Programming (NLP) and in Emotional Intelligence. I actually have a list of some other certifications also—proof that I thought coming from my intellect and my head would lead to greater success.

Don't get me wrong—having all of that knowledge is a wonderful foundation and it has allowed me to help many clients make huge shifts in their lives. I really am grateful for being able to do that work and am clear that it's time to evolve into my deeper calling—the calling that feels immensely fulfilling and like I was born to do it. Though I was called to walk this path over a decade ago I stayed in my comfort zone of pursuing success from my head. I was making six figures. I was charging the top amount for coaching at that time and I enjoyed my work.

The path of how to follow my calling did not reveal itself to me until I stopped only pushing results from my intellect and connected to my deeper wisdom.

I'll admit, I can be a little stubborn. My father used to call me hard-headed. If I review my life I know he's right, it can take me awhile to really let something sink in, especially if that something means giving up comfort and taking monumental risks.

And that's why I think it took a wake-up call for me to make that shift. It wasn't a little buzzing wake-up call—no, it was a slap me upside the head with a two by four type wake up call.

It looked like this...I was stuck in the cycle of busy—lots of clients, writing a blog, a newsletter, a column for NASDAQ.com, trying to make time to write a book. I was managing contractors who weren't giving me what I wanted on my new branding which I now realize was because that was not the direction I was supposed to go—the issues I had with the contractors was a love clue. I will teach you love clues and how to use those later in this guide.

I was also dealing with a demanding personal relationship—all the while putting myself last in line. When I wasn't working my business I was working to do things to make my boyfriend happy. There was no time for me.

It isn't surprising now when I share my story that my body started yelling at me. I began developing symptoms—it started out with being tired all the time and gaining weight. Then I started losing hair, feeling depressed, feeling cold sometimes and really hot others, and the list goes on. I was tested for all kinds of things, but nothing conclusive was found.

You would think I would take these symptoms as a clue that I needed to slow down, let go of some things, take time for myself, but I didn't. I had set goals. I had financial commitments. I was in a coaching program and had an accountability partner that asked "How can I do more?" I just needed to power through.

That didn't work. My seemingly un-diagnosable illness just kept getting worse and worse. Over a year and a half I put on 90 pounds. Included in my laundry list of growing symptoms, my joints now ached, even hurt. While I ignored or dealt with many of my other symptoms this one was tougher. I don't like pain. They tested me for MS and a bunch of other things—same result—no conclusive diagnosis. There were days I was so weak that I would lay on the floor of my office doing my coaching calls.

I kept blaming the doctors for not being able to figure out what was wrong with me—all the while taking no responsibility for my own health.

One day, something inside me clicked and I knew I would keep getting worse until I made the decision to make massive changes in my life and to listen to the voice deep inside instead of all the surface "shoulds" and "need tos" that were driving my decisions. And so I did.

I left the relationship. I moved. I simplified my business. I paused writing my blog and my newsletter. I stopped trying to push forward my new branding and let go of writing the book. I gave my notice writing for NASDAQ.com. I opened up a huge amount of space and I filled it with me.

I did a detox and followed with a strict clean eating program. The doctors finally diagnosed



me with autoimmune but I have since decided that's not what it really was—it was my wake-up call.

I started regularly seeing an integrative health practitioner and chiropractor who put me on supplements that helped clear many of my symptoms immediately. I began going for weekly infrared sauna treatments and massages. When I gained enough strength back I started doing yoga and began resistance training again.

It took nine months to return to normal energy levels. My hair grew back. The pain and weakness left. I released a good amount of the weight. I stopped feeling depressed and didn't have crazy temperature fluctuations any more. I loved myself. I allowed my friends and those close to me to love me and I felt like I could actually live again.

Why am I sharing this painful and deeply personal story? Because I don't want it to have to be anyone else's story. I don't want it to ever be yours. I paid the price for allowing myself to be driven by my head and not listening to my deeper wisdom and I am happy and grateful for the opportunity to be teaching women how to avoid going into crisis on the road from your head to your heart.

So are ready to learn what five things you are most likely doing every single day that sabotage the flow of love in to your life and your ability to hear the voice of your own purpose and passion?

Ready or not, I'm sharing them!

THE FIVE SABOTEURS

The number one thing we do that sabotages our connection is to **PUT OURSELVES LAST**. This shows up all kinds of ways.

For business owners, do you pay yourself first or do you let yourself take the scraps of what's left over, if anything, after paying out all other business expenses? Do you let clients dictate your schedule based on their availability? In your personal affairs, when do you get in your self-care? With your friends, do you always let them decide, share first, or take too much from you?

Ask yourself now: *Where are you putting yourself last in your life?*

The second sabotage technique is to **ALWAYS BE DOING SOMETHING**. Barbara Stanny, author of *Overcoming Underearning*, says that women's drug of choice is busy-ness. It's an addiction. I would say that's not just limited to women.

If you are asked to stop will you justify why you have to do everything you are doing? Will you insist that you are the only one who can do it? Are you overwhelmed and overburdened? Do you mile-long to do lists? Guess what? You might be a busy-ness addict. Just like any addiction, if it's in your life, it's in control, not you.

Be honest with yourself: *Are you addicted to busy-ness?*

The third thing we do is **MULTITASKING**. We are masters at this and it is literally killing us. Multitasking is defined as doing more than one thing at a time. There is healthy multitasking such as taking a walk with a friend so you can get some exercise in while also catching-up with her. That's not the multitasking I'm talking about here.

I'm talking about the multitasking that's eating up our brain cells and putting us, and others, in danger.

Yes, you heard that right, eating up our brain cells. Studies have been done that the act of multitasking, such as watching TV while talking on the phone and creating a proposal burns up brain cells. Heidi Hanna's book *Sharp* has the details about this phenomenon, but trust me, this is not a good thing.

In terms of dangerous multitasking, I have clients who will be working on their computer, talking on the phone, and eating lunch. And while driving, I see women doing this all the time—driving down the street, talking on the phone, putting on make-up, and drinking coffee. I'm amazed there aren't more accidents than there are.

Are you a dangerous multitasker? Are you burning up those brain cells combining many activities at once while not being fully focused on any of them?

The bigger question though: *Are you willing to give up unhealthy multitasking?*

The fourth item is **PROCRASTINATING**. Specifically procrastinating on those tasks that move forward your purpose or your passion. The fascinating thing about this form of procrastination is that a part of you really wants to take the action, but you are afraid of where it may lead.

Marianne Williamson in a *Return to Love* writes “Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you *not* to be?”

We procrastinate to keep our power in check. I say let it loose!

Ask yourself—do you know your purpose? Are you clear about your passion? And are you taking actions to forward and really live from them?

If not: *What are you going to do about it?*

Lastly, the fifth thing we do to sabotage our ability to feel, give and receive love is **NOT GETTING ENOUGH SLEEP**. Sleep is important because it allows the subconscious mind to process the events of the day so the next day you can start out with a clean slate and a clear head. It also allows the body to renew and rejuvenate so it can provide the proper amounts of energy for going thru the next day.

Lack of sleep leaves you vulnerable to not making good decisions because you can't think straight. It also keeps you from hearing your inner voice because all your energy is going to staying awake so it's easier to listen to the rational, louder voice than take a moment to be still and check in with yourself.

Additionally, for women, lack of sleep amounts to increased weight. When you are tired you reach for sugary and high fat foods for energy which is one way the pounds creep on, but *Women's Day* magazine reported that there's also a physiological response your body experiences when it doesn't get enough sleep that causes your body to hold onto fat.

Let's review. The top five things we do on a daily basis that keep us from connecting our heart to our head are:

1. Putting yourself last.
2. Always doing something.
3. Multitasking.

4. Procrastinating.
5. Not getting enough sleep.

THE SOLUTION

While on their own there are consequences that come from engaging in these activities, but in the bigger picture engaging in just one of these five will prohibit you from being able to be in the most critical state that's essential to connect with your heart.

The most critical state you MUST create to feel love, give love to yourself and even to express love to someone else is **PRESENCE**.

Presence is a state of BEING.

Presence requires that you:

- Put yourself first.
- Be more and do less. Give up the habit—the addiction—of busyness.
- Stop multitasking. Take the time to focus on your priority items one at a time.
- Stop procrastinating on the items that move your dream forward.
- Get the right amount of sleep for you. For most adults the amount is between 7 and 9 hours a night. Take the time to figure out what the right number is for you. I'm my best with 8 hours of sleep. Anything less than 7.5 hours and I feel the effects.

There are several other components, strategies and techniques of being present that I teach in other courses, so I'm not going to go into them on this guide, just know that being PRESENT, and maintaining a state of presence, is essential for feeling love for yourself, receiving love, and giving love to others.

Something to keep in mind regarding presence. We are all always at choice as to whether we want to be present to ourselves or others. Several years ago someone e-mailed me a story that I am going to share with you because I think it really hits this point home. It's called The Cab Ride. It's written from the storyteller's perspective and I'm sharing it here just as I received it.

Twenty years ago, I drove a cab for a living.

When I arrived at 2:30 a.m., the building was dark except for a single light in a ground floor window.

Under these circumstances, many drivers would just honk once or twice, wait a minute, then drive away.

But I had seen too many impoverished people who depended on taxis as their only means of transportation.

Unless a situation smelled of danger, I always went to the door.

This passenger might be someone who needs my assistance, I reasoned to myself. So I walked to the door and knocked. "Just a minute," answered a frail, elderly voice.

I could hear something being dragged across the floor.

After a long pause, the door opened. A small woman in her 80s stood before me. She was wearing a print dress and a pillbox hat with a veil pinned on it, like somebody out of a 1940s movie.

By her side was a small nylon suitcase. The apartment looked as if no one had lived in it for years.

All the furniture was covered with sheets.

There were no clocks on the walls, no knickknacks or utensils on the counters. In the corner was a cardboard box filled with photos and glassware.

"Would you carry my bag out to the car?" she said.

I took the suitcase to the cab, then returned to assist the woman. She took my arm and we walked slowly toward the curb. She kept thanking me for my kindness.

"It's nothing," I told her. "I just try to treat my passengers the way I would want my mother treated."

"Oh, you're such a good boy," she said.

When we got in the cab, she gave me an address, then asked, "Could you drive through downtown?"

"It's not the shortest way," I answered quickly.

"Oh, I don't mind," she said. "I'm in no hurry. I'm on my way to a hospice." I looked in the rear view mirror. Her eyes were glistening.

"I don't have any family left," she continued. "The doctor says I don't have very long."

I quietly reached over and shut off the meter. "What route would you like me to take?" I asked.

For the next two hours, we drove through the city.

She showed me the building where she had once worked as an elevator operator. We drove through the neighborhood where she and her husband had lived when they were newlyweds.

She had me pull up in front of a furniture warehouse that had once been a ballroom where she had gone dancing as a young girl.

Sometimes she'd ask me to slow in front of a particular building or corner and would sit staring into the darkness, saying nothing.

As the first hint of sun was creasing the horizon, she suddenly said, "I'm tired. Let's go now."

We drove in silence to the address she had given me.

It was a low building, like a small convalescent home, with a driveway that passed under a portico.

Two orderlies came out to the cab as soon as we pulled up. They were solicitous and intent, watching her every move. They must have been expecting her.

I opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair.

"How much do I owe you?" she asked, reaching into her purse.

"Nothing," I said.

"You have to make a living," she answered.

"There are other passengers," I responded.

Almost without thinking, I bent and gave her a hug. She held onto me tightly. "You gave an old woman a little moment of joy," she said. "Thank you."

I squeezed her hand, then walked into the dim morning light.

Behind me, a door shut. It was the sound of the closing of a life. I didn't pick up any more passengers that shift. I drove aimlessly, lost in thought.

For the rest of that day, I could hardly talk.

What if that woman had gotten an angry driver, or one who was impatient to end his shift?

What if I had refused to take the run, or had honked once, then driven away?

On a quick review, I don't think that I have done anything more important in my life than being present for her that night.

I have read that story many times, but it still touches me.

Our presence is a HUGE gift that requires we set aside all else to allow the space for it just as the cab driver did that night.

NOW WHAT?

With everything I have shared, there is a common theme—connecting with your heart will allow you to live, really live your life fully and on purpose. However, many of the people I have worked with tell me that they have a hard time moving from their heads to their hearts, so I created a style of mediation called Ecstatic Meditation™ that is a guided meditation to assist you in being present and opening your heart.

The first full version of Ecstatic Meditation™ is called *One*, and is 45 minutes long, but I have also created a mini Ecstatic Meditation™ that's just 10 minutes long.

I am offering Mini Ecstatic Meditation™ to you as a gift.

It's available on my website: www.ecstaticmeditation.com

I also assist individuals in connecting their head to their heart to run highly conscious businesses. If you are interested in that assistance, visit my main website at www.leahgrant.com

To your health and happiness!