



Awakening the Universal Heart: A Guide for Spiritual Activists

Serge Beddington-Behrens

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I invite you to come on a journey with me into one of the most important, yet often most neglected dimension of yourself, namely your heart. I want to help you discover, as I have slowly been discovering, that our hearts not only hold the key to our being able to live a fuller and more meaningful life, but also to our being able to play a part in helping heal our planet.¹ The change needed is a shift out of our primarily head-focus into becoming increasingly heart-centred, where we are connected to our hearts and are potentially capable of moving mountains. We are only going to be good activists if we have plenty of heart in our lives - if we are big hearted with a well-activated Heart. A culture of Heart is vital if we are to heal the many wounds and splits that exist between different classes, religions, tribes and nations. The book has been written from a place of great hope and joy, based on knowledge that our world is changing and that the planetary heart is at last awakening.

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