



## daily GOOD

Listen to the compass of your heart. All you need lies within you.  
--Mary Ann Radmacher

### **Out of the Head, Into the Heart**

"When Unangan Elders speak of the "heart," they do not mean mere feelings, even positive and compassionate ones. "Heart" refers to a deeper portal of profound interconnectedness and awareness that exists between humans and all living things. Centering oneself there results in humble, wise, connected ways of being and acting in the world. Indigenous peoples have cultivated access to this source as part of a deep experience and awareness of the profound interdependency between the natural and human worlds. To access it, you must drop out of the relentless thinking that typically occupies the Western mind." Ilarion Larry Mercurieff has more than 40 years experience serving his people, the Aleuts of the Pribilof Islands, and other indigenous people around the world. He shares more in this essay.

### **Be The Change:**

For more inspiration, check out Mercurieff's talk on, "Native Perspectives on Sustainability."