



This document is an extract from the full chapter which is available for download in the table via this [link](#) and is intended for use by participants of meetings.

## The Heart's Compass as a Superpower

*"If my Heart could do my thinking,  
and my Head began to feel,  
Would I look upon a world anew?  
And know what's truly real." ~ Van Morrison*

*"Your vision will become clear only when you look into your heart. Who looks outside, dreams; who looks inside, awakes." ~ Carl Jung*

### **The guiding compass: the stabiliser of our raft**

Having reinforced our resolve with 'Noble Desire' and fuelled our journey with 'Courageous Energy', we now cultivate our third essential superpower: the Heart's Compass. The Heart's Compass works synergistically with Noble Desire, Courageous Energy, and Fearless Investigation to propel us from the suffering and danger of the 'near shore' to the freedom and safety of the 'far shore'!

The Heart's Compass (*Citta*) primarily represents a mindset, or state of mind that has an emphasis on the emotive side of our thinking. The Oxford English Dictionary defines citta as 'the mind as the seat of both thoughts and feelings; (where) a person's cognitive and emotional faculties are considered collectively'. From a Buddhist perspective the heart and the mind are connected; for the purposes of our journey, we present citta as 'the Heart's Compass'.

The connection between the heart and the mind – emotions and thoughts – is a universal concept. It has been said in many contexts:

*"The longest journey you will ever take is the 18 inches from your head to your heart".*

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## **Self-reflections**

Explore the state of your own Heart's Compass:

- ★ What has been the general state of your heart-mind (Heart's Compass) lately – calm, agitated, clear, or distracted?
- ★ What regularly pulls your attention off-course?
- ★ How effectively do you manage challenging emotions when they arise?
- ★ What inner values or aspirations guide your daily choices?
- ★ How do you relate to the insight 'I am not my mind'?
- ★ Could my journey towards freedom be more caring, joyful and creative?

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## **Journaling prompts**

Use writing to investigate and train your Heart's Compass:

- ★ **Mind-wandering journal:** Note where your mind drifts during brief meditations. Observe patterns compassionately.
- ★ **Straightening your arrow:** Reflect on one persistent negative mental habit. Identify practical steps to gently shift this pattern.
- ★ **Heart's deepest aspiration:** Write freely about your deepest intention for your life and journey to liberation. Clarify your values.
- ★ **Observing thoughts:** Spend five minutes labelling your thoughts without judgment. Reflect on the experience of seeing thoughts clearly.
- ★ **Intuition exploration:** Recall a time intuition guided you effectively. How does intuition differ from purely logical thought?

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## **Remember to remember**

Our Heart's Compass is the superpower that guides and stabilises our raft,

enabling clear, wise choices amidst life's turbulence. Cultivating a mindful, focused, and emotionally regulated heart-mind is essential for maintaining resilience and clarity on our path to freedom. Befriend your mind, stay connected to your deepest aspirations, and practise mindfulness daily.

Remember, developing the Heart's Compass is an ongoing process, requiring patience, persistence, and compassion. With consistent effort, we can cultivate a heart-mind that is increasingly clear, stable, and capable of supporting our journey to freedom. As we develop a clear, stable Heart's Compass, we will find ourselves increasingly capable of navigating our journey confidently, compassionately, and wisely. With our Heart's Compass guiding us, we are now ready to explore the final superpower: Fearless Investigation, the illuminating wisdom that brings deep understanding and lasting freedom.

*"If you want to know the path, ask your heart."* ~ Anonymous

*"In the body, there is a morsel of flesh which, if it be sound, all the body is sound and which, if it be diseased, all the body is diseased. This part of the body is the heart."* ~ The Prophet Muhammad

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