



**The Silent Whisperings of the Heart:  
The Fire of Awareness and the Fragrance of Love**  
BY SWAMIDHYANGITEN



**HOW CAN WE** learn to listen to the silent whisperings of our heart? How does love relate to aloneness? What is intuition? How can we develop our presence, so that our presence and intuition become a source of love, joy, healing and wisdom in the contact with another person? What is the difference between the personality and the inner being, the authentic self? How can we develop the inner being through meditation? How do the inner man and woman express themselves on the outside in the form of relationships? How do the three life areas, meditation, relationships and creativity, relate to each other in creating a loving, fulfilling and creative life? What is enlightenment?

**The Silent Whisperings of the Heart** consists of a collection of quotes from Swami Dhyani Giten about awareness, meditation, intuition, relationships, the inner man and woman, healing, working with people from love and awareness, truth, creativity, silence, wisdom and enlightenment. Each page inspires you to see yourself and life in a new way, from a new dimension. This collection of quotes is an introduction to Giten's perspective on life.

This excerpt from the book covers the two areas intuition and healing.

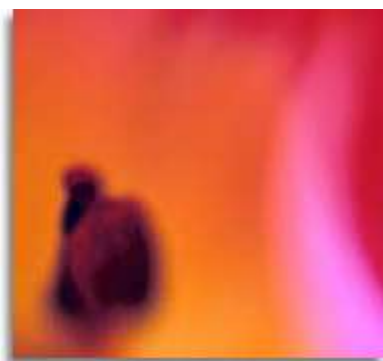
## 1. Intuition & Healing

Intuition means to learn to listen to the silent whisperings of our own heart.

Intuition is our inner teacher, our inner source of love, truth and wisdom in life.

Intuition basically means to develop a deeper trust in ourselves. Intuition means to develop a deeper trust in our heart and inner being.

Intuition is basically a function of our heart and the heart is the door to develop our intuition.



Intuition is a "yes" to life. Intuition means to develop a trust in life. Intuition means to learn to listen to life. When we allow ourselves to follow the silent whisperings of our heart, the fragrance of love arises.

Life is like playing "hide the key" with God. God has hidden the key and now it is up to us to find the key again. It also takes us a while to realize that the key is hidden in our own heart. Our heart is the door to allow life to guide us. Our heart is the door to saying "yes" to life. Our heart is the door to surrendering to life.

Intuition means to follow the silent whispers of the inner in a basic "yes" to life.

## ABOUT THE AUTHOR



**SWAMI DHYAN GITEN** was trained in modern psychology at the University of Stockholm, and in Eastern methods of awareness and meditation in the USA, Italy, Sweden and India. He has 22 years of experience in individual counseling and in teaching awareness. He works internationally with seminars, courses and longer development programs in the areas of awareness, meditation, intuition, relationships, inner man/inner woman, healing, creativity, *The Sacred Yes - The Art of Spiritual Healing and Presence* — *Working from Within: Working with people from love and awareness*. He also works as a teacher and consultant to companies and organizations seeking to raise awareness in their organizations.

Since he began to meditate when he was 15 years old, Swami Giten has studied and investigated the inner journey in order to move out of his own way, to be in the flow, and to discover the authentic inner being, the meditative quality within, the inner silence and emptiness, the capacity to surrender to life.

His three creative areas for expressing the inner song of meditation in outer form are teaching, writing and painting. His meditative art is recognized internationally and has been nominated for the international art exhibition, The Florence Biennale in Italy, which is arranged in cooperation with The United Nations. His meditative art is also represented in The World Artist Directory for Accomplished Artists.

He is author of the book *Song of Meditation — About Meditation, Relationships & Spiritual Creativity* (Solrosens Förlag, Swedish edition, 2001) and *The Silent Whisperings of the Heart - The Fire of Awareness & The Fragrance of Love: A Collection of quotes from Giten* (Giten's Varld, Swedish edition, 2004). To find out more about Swami Dhyhan Giten and his work, visit his website and read also *Song of Meditation - An interview with Swami Dhyhan Giten about the relationship between meditation, relationships and creativity* on Giten's World - A School for the Heart on Internet: [www.giten.net](http://www.giten.net).