

INNER CALL. INNER YEARNING
WHAT ARE YOUR HEART DESIRES?

VIRGINIA NAVA HIEGER

BY VIRGINIA NAVA HIEGER

The Inner Call, is an inner yearning, a feeling within us that expresses itself in many ways. Sometimes, it is expressed as an inner cry, an inner loneliness, an inner void; other times, it expresses itself as a question, such as “Is this it?” or “Is there more?”

An Inner Call may come to us at different times of awareness in our lives, as in “Where have I been?” It may be expressed as a yearning to experience something, to serve someone, to be in a certain state of being, or to move to a new place.

An Inner Call is an inner voice that it is ultimately loving and respectful of your free will. It is this inner voice that always gives you the highest and deepest respect for yourself and choices. Yet it's always consistent, and continues to come and present itself many times.

An Inner Call may be a feeling of wanting to experience a deeper life, a deeper expression of ourselves.

What separates you from your Inner Call is guilt, fear, shame, or blame.

I remember, I have had many inner calls in my life that have guided me to big life transitions—leading me to move to a new country twice, travel to unknown places, or step out of my comfort zone into something brand new.



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I remember when I received the inner call to leave my corporate job, to create my company. I was conflicted internally; I felt that I should be grateful for all the opportunities, travel, friendships and challenges I have been given, and that asking for anything more meaningful was ungrateful. I felt a sense of inner guilt that I can't explain in words. I felt that my decision could impact my family's finances, and that uncertainty felt irresponsible. Yet my inner calling kept saying, "It is time for you to go, it is your time." I resisted and tried to convince myself it wasn't, but I knew deep inside that it was time.

Now, it has a different shape and form. It isn't about leaving a corporate setting, it is about stepping up with the message I was given. It is about standing tall, in my own power. It is time to share this inner call, it is time to serve. And just like three years ago, I feel the same way: Am I putting my family's future at a stake because of this decision? And deep inside I hear a clear, "No." I hear a sweet, "You are investing in your family's future, a future of being yourself, a future of creating value and contribution, a future of prosperity."

An inner call may be the soft voice that says, "Stay still and wait." The message is different for everyone, and so is the direction. Yet the loving feeling, the peacefulness, and the grace that it emanates are all the same. The respectfulness is one of a lady or a gentleman.

What is the inner call within you now? Is it so soft that in this noisy world, you have stopped listening? Where is it leading you? Are you listening? What are you feeling when you hear this call?



Trust yourself.
Trust your inner call.



BY VIRGINIA NAVA HIEGER

“Inner Call is the call from within to serve, to be of impact, to live a life of contribution, that yearning that keeps on coming back. Sometimes a soft peaceful voice, sometimes a nostalgia, sometimes a hopeful voice, sometimes a “common” voice. It is constantly seeking our attention. We usually don’t listen to it when we are too busy to pay attention. There are signs everywhere, TAKE TIME TO NOTICE.”



Listen to your soft inner voice, the whispers from your heart and soul.

VIRGINIA NAVA HIEGER

The Inner Call

Reflection and Journaling

Exercise 1: BY VIRGINIA NAVA HIEGER

Connect within:

- Sit in a peaceful place.
- Connect within.
- Feel your heart.
- Feel your feet touching the ground.
- Notice the part of yourself that goes deep.
- Breathe in, Breath out.

Reflect and journal and ask yourself:

- What am I longing for?
- What does my spirit want?
- What does my heart wants me to hear?
- What are my heart desires?
- Journal these questions every day in the morning for 5 minutes for 5 days.



The Inner Call

Reflection and Journaling

Exercise 2: BY VIRGINIA NAVA HIEGER

Connect within:

- Sit in a peaceful place.
- Connect within.
- Feel your heart.
- Feel your feet touching the ground.
- Notice the part of yourself that goes deep.
- Breathe in, Breath out.

Reflect and journal and ask yourself:

- What is the impact I desire to have in the world?
- What do I love to do?
- What do I love to be?
- Journal these questions every day in the morning for 5 minutes for 5 days.



The Inner Call

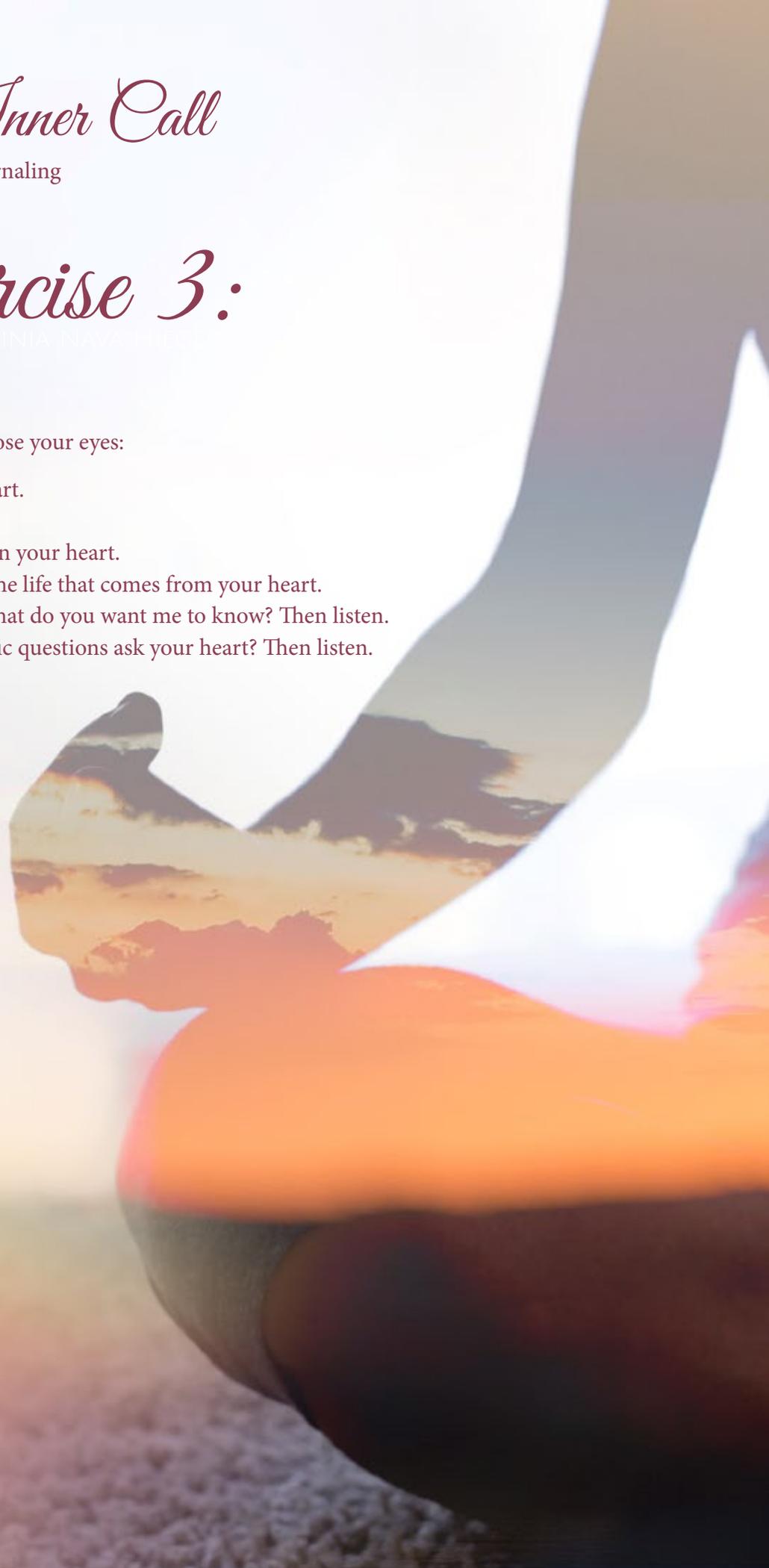
Reflection and Journaling

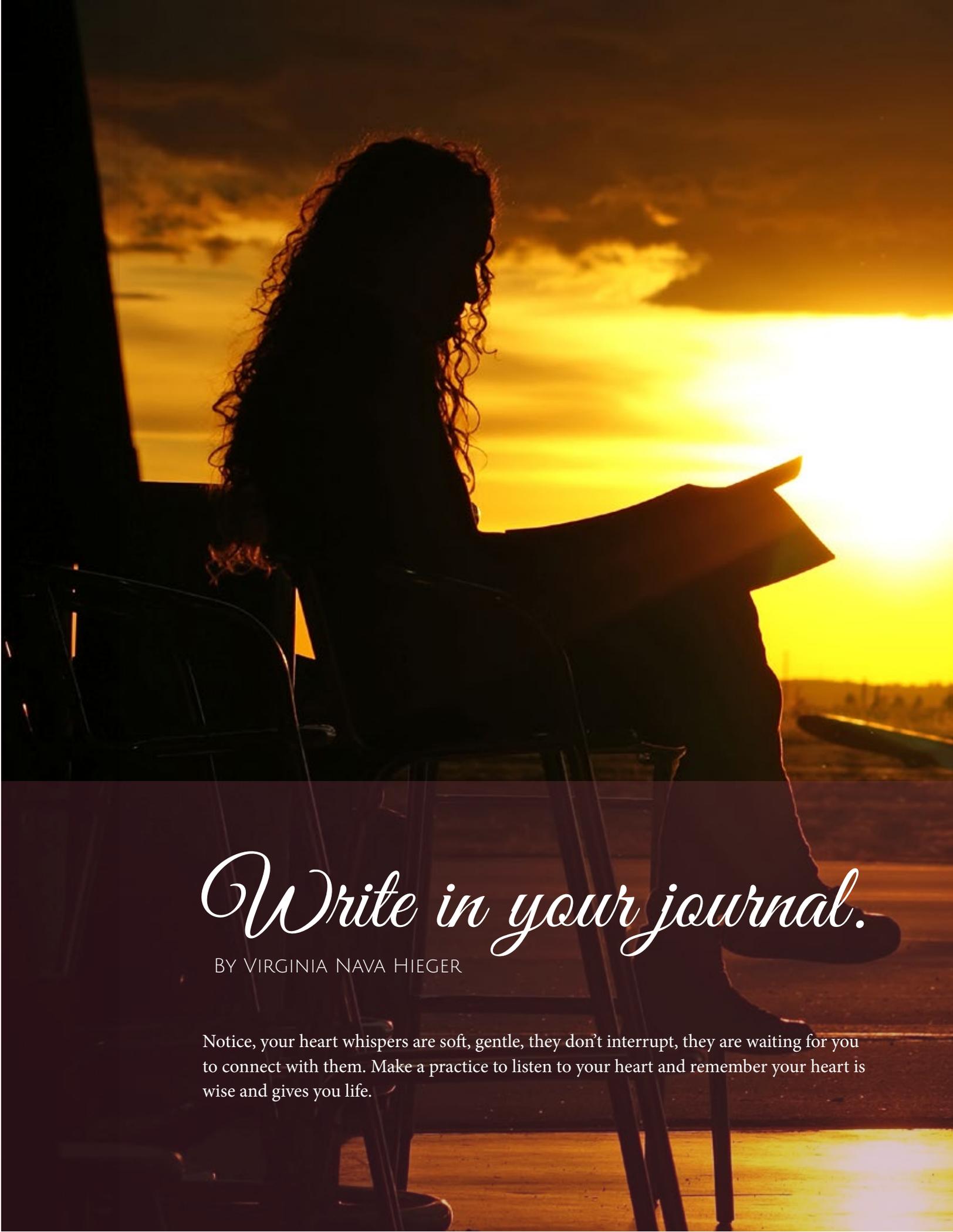
Exercise 3:

BY VIRGINIA NAVA-FIEGEL

Connect within, close your eyes:

- Listen to your heart.
- Feel your pulse.
- Feel the warmth in your heart.
- Feel grateful for the life that comes from your heart.
- Ask your heart what do you want me to know? Then listen.
- If you have specific questions ask your heart? Then listen.





Write in your journal.

BY VIRGINIA NAVA HIEGER

Notice, your heart whispers are soft, gentle, they don't interrupt, they are waiting for you to connect with them. Make a practice to listen to your heart and remember your heart is wise and gives you life.

Listen to your whispers:

BY VIRGINIA NAVA HIEGER

- Answer the calls of your heart by listening to yourself.
- Step out of the box into Inner Freedom by tapping into your heart desires.
- Move into a higher possibility for you.
- Receive the Essence Within.
- Your heart is there for you.





Virginia Nava

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