

# The Secret Language of the Heart

An Interview with Author Catherine Seress

by Danielle Hope Hier

**I** am only hoping that people can experience greater peace and greater love, Catherine Seress (or Bharati Ishaya, her Sanskrit name, meaning "Goddess of wisdom's vastness and of truth consciousness") told me over lunch, as her 10-year-old son George played a handheld computer game while we spoke. Sufi poet, executive coach, and screenplay writer Catherine Seress awoke one day with a new inspiration.

*My heart is born. It beats right now, to this day, having not stopped once to take a breath.*

I asked her where *The Secret Language of the Heart* came from. As someone who practices yoga, volunteers at hospices, and has been known to meditate up to six hours a day, it was not surprising that her new book was very much heart-led and comes from an internal, spiritual place.

"I awoke with these recurring heart phrases in my head... My heart zings. My heart is born. My heart breaks... It was as if someone were knocking on the door, assertively, and not going away."

At the time, Catherine was trying to keep her home in England as stable as possible for her two children after a separation from her husband eight months prior and suddenly becoming a single mother on a budget. "As a biology major in college," she explained, laughing in hindsight, "you have your controlled variables and uncontrolled variables. It was important for me to maintain structure with my kids' routine and school."

The heart phrases kept pouring out, and her older son Stephen began illustrating varied hearts for her book. Her sister created the book jacket.

*My heart breaks. I forget sometimes that it is me who has my heart. Sometimes, I think I give it to other people and that they break it. This is not true. My heart is always in my hands when it breaks. Always.*

Catherine spent five months in Mexico meditating at Ishaya's Ascension ([www.thebrightpath.com](http://www.thebrightpath.com)), before moving with her children to the States, where she began approaching publishers about her creative gem.

There is no intention in *The Secret Language of the Heart*. She did not set out to convey a particular message. Rather, the book just wanted to be.

"What I noticed watching people," she continued, "is that they were having an experience reading my book. Their faces would soften. They would almost glow, and their hands would instinctively be drawn over their own hearts."

She went on to talk about human experiences, experiences which influence those feelings of elation, sadness, and every emotion in between conveyed in her poetic book. "People want to feel as if they have value. They have worth beyond clocking in and clocking out, collecting a paycheck, or paying someone to work for them. A lot of people express emptiness in the quality of their life."

In discussing value and a sense of worth, Catherine expressed that when coming from love, or heart wisdom, one is coming from a nonjudgmental place. She even

stated that she almost hates describing someone to another person... or even describing them in her own mind, instead of just allowing that person to be as they are, with no adjective attributed to them.

"Whenever I add an adjective," she stated, "I've frozen them in some way, and my expectations of a person are set. Whenever I encounter that person in the future, I will be meeting them with that adjective."

*The Secret Language of the Heart* expresses with its images and phrases that ideal place of pure love and pure truth, allowing a person to feel valued as they are, with all of their emotions. It allows the reader to simply be.

*My heart is a blank page. My heart has no experience of you yet. It is blank, but it becomes what you write upon it. If you write upon my heart that I am stupid, I shall be stupid. If you write upon my heart that I am beautiful, I am beautiful. Please be careful with what you write upon my heart.*

Visit [www.catherineseress.com](http://www.catherineseress.com) or email Catherine directly at [info@catherineseress.com](mailto:info@catherineseress.com).

**Danielle Hope Hier is the staff writer and calendar editor for Positive Change. She also owns Birdland Yoga LLC, the "Have Mat, Will Travel" private and semi-private vinyasa/hatha-based in-home instruction, and she is pursuing her master's degree in Mental Health Counseling. Visit [www.birdlandyoga.com](http://www.birdlandyoga.com) or email [calendar@pcmflorida.com](mailto:calendar@pcmflorida.com).**

