

## WALK YOUR TALK

Unity on Maui · Rev. Blaine Tinsley · April 12, 2026

# BURNING HEART

*Recognizing What the Soul Already Knows*

### ANCHOR VERSE

*“Were not our hearts burning within us while he talked with us on the road?”*

— Luke 24:32

### THE HEART OF THIS TALK

Two grief-stricken disciples walked seven miles with the risen Christ and didn't recognize him until they sat together at a table. When their eyes were finally opened, they turned to each other and asked, “Were not our hearts burning within us?” The burning had been happening the whole time — before the recognition, before the breaking of the bread. Their souls were tracking what their minds hadn't caught up to yet.

You have that same inner knowing system. It speaks before you have language for what it knows — in warmth, in aliveness, in the quiet burning in your chest. The spiritual life is learning to trust that signal and learning to see who is already walking beside you.

### WISDOM FROM FOUR TRADITIONS

#### Neuroscience

Scientist Antonio Damasio studied people who lost emotional feeling due to brain injuries. Though their reasoning was intact, they couldn't make any decisions at all. The body's felt sense is not noise — it is information. Your gut feeling is a real neurological signal. The body registers meaning before the conscious mind catches up.

#### Christian Contemplative

Ignatius of Loyola built his entire system of spiritual discernment around the body's felt sense. He called it consolation and desolation — the inner expansion that signals alignment with your truest self versus the contraction that signals you've moved away from it. The burning heart is the original spiritual compass.

#### Vedantic Wisdom

In the Vedantic tradition, viveka means discriminative wisdom — the heart's capacity to recognize what is real and true. It is not a function of the intellect but of inner attunement. It is the knowing that arrives before explanation, the recognition that happens before the mind has found its words.

#### Unity Metaphysics

Charles Fillmore taught that the Christ Presence is the indwelling divine nature of every soul — always present, never absent. The stranger on the road was not outside the disciples. The recognition was an inside event. Spiritual practice is not about bringing the Presence in. It is about removing whatever obscures what has never left.

### THREE PRACTICES TO REVEAL THE STRANGER WALKING BESIDE YOU

**Practice 1 — Walk with Your Questions.** The disciples kept moving, even in confusion and grief. The journey itself created the conditions for recognition. Spiritual maturity is staying on the road with unanswered questions rather than turning back to what is familiar and settled. On that road, when we keep walking, strangers appear.

| *Where are you tempted to stop walking? Where might the story not be over?*

**Practice 2 — Invite the Stranger In.** The stranger turned as if to keep walking. He waited. The disciples had to choose to let him pass or say, "Stay with us." Grace rarely announces itself. It arrives in disguise, as an unexpected conversation, a book, a song. The Presence is always offering itself. We must be willing to say yes.

| *Where might Presence be wearing a disguise in your life right now?*

**Practice 3 — Notice the Burning.** The disciples asked, "Were not our hearts burning?" after the fact. The burning had been happening the whole time. What if we practiced noticing it in real time? Pausing to ask: What is alive in me right now? What is warm? The burning heart is available every day, not only at the table of recognition.

| *Pause three times today. Place a hand on your heart. Ask: What is burning in me right now?*

## REFLECTION QUESTIONS

---

### 1. When has your soul known something before your mind caught up?

*What were you moved by — before you had words for it? What do you understand now that you didn't then?*

---

### 2. What filter might be narrowing your perception right now?

*What story have you decided is over that might be keeping you from seeing the stranger already walking beside you?*

---

### 3. Which practice is your growing edge this week?

*Walking with your questions, inviting the stranger in, or noticing the burning. What would one honest step look like?*

---

## THIS WEEK'S DAILY PRACTICE

---

Each morning, before the day begins, place one hand on your heart, take three slow breaths, and ask:

| *"What is burning in me right now? What does my soul already know?"*

Simply notice. Simply trust. At day's end, ask: Where did I see the stranger today? What was burning that I almost missed?

### THIS WEEK'S AFFIRMATION

*My heart knows what my mind is still learning to accept.*

*I trust the burning within me as the voice of Presence.*

***One Power. One Life. One Love — moving through me, as me, right now.***