

*The Mind—Heart
Integration Learning System*



*Tele-Seminar I
Transcript*

*Unleashing the secret to opening
your Heart to unconditional love,
joy, abundance and self acceptance*

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“An advanced spiritual being is he or she who is on the path of discovering that which he or she already knows...”

I would like to extend a warm welcome to each of you this evening welcoming you into the Mind-Heart Integration Learning System Tele-Seminar Part One. Tonight is part one of our two part Tele-Seminar series.

Let me just briefly outline our time together tonight. Tonight's Tele-Seminar is divided into three important sections.

Unconditional Love

The first part I have titled **Unconditional Love**, what is it? How do you define unconditional love. And how do you know if you are experiencing it? During this part of the call I will help you understand what is unconditional love and how it is unique and different from other types of love. I will show you how unconditional love is a higher consciousness—far higher than a mind based consciousness. It is a Heart based consciousness.

Most importantly, I will take you on a journey so you can experience Unconditional Love. You will discover how you can cultivate this higher state of consciousness—what I call **Heart consciousness**—more during the course of your everyday life. In other words, you will learn how can you consciously make the choice to experience Heart Consciousness in your day to day life.

I will briefly review with you some important information about the Human Heart and how it is the most powerful center of your body. By the end of this Tele-Call this evening you will have an intimate and loving connection with your Heart... with your Essence and this will last a lifetime.

Something for you to keep in mind from this moment forward, is that your Heart holds an energy that has the capacity to heal and clear **anything**. That energy is **love**.

How is this so? It is because your Heart holds unconditional love and knows no limits. Doubts and limitations come from the mind, not the Heart. You will learn a lot more about this as we move into the core of tonight's material.

Sea of Tranquility

I will also teach you an ancient yet very powerful Chinese Meridian Point that is called the **Sea of Tranquility** located within your Heart Chakra and how you can access this point of tranquility whenever you wish to bring about a deep inner peacefulness in any given moment.

The second part of the call is all about embracing our feelings... all of them, especially the feelings that we label as bad, heavy or negative. Something very important you will learn tonight is **the best way to really love yourself is to be able to accept your own feelings at any time. This is key because** when we don't accept our own feelings what are we really doing? We are ignoring them, or suppressing them and when we do this they only clamor louder. There is a wonderful book by Karol Truman titled "Feelings Buried Alive Never Die"... this is true.



Also, on tonight's call you're going to learn that the amount of unconditional love that you allow yourself to experience determines the quality of every aspect of your life. In just a little while I am going to share with you why most people find it difficult to allow this love into their hearts.

True Happiness

Also, part of tonight's tele-seminar is defining True Happiness. Now for some people, they might think true happiness is about having all the money that they could possibly need or want, or for some people true happiness might mean finding the love of their life, their soul mate. And for some people true happiness might mean achieving their most treasured goals and dreams. While I would agree that those definitely enhance your life, add to your happiness, I am here to share with you something a little bit different about to happiness that you might not be aware of, that you might not even know about, and I will give you a tiny little hint. It is probably not what you "think".

Tonight, you'll also come to know and understand what some of your greatest **blocks, fears or limiting beliefs** are that prevent you from realizing your heart's most treasured dreams. You will begin to sense why for some of you it might feel like there is a guard or a shield around your heart and how you can begin to remove that guard and let love and abundance in. You can begin to understand what it feels like to live with a full open-heart fully alive. To live your **true Essence**.

You will also have the experience of feeling your own **unconditional love** - and this is profound. It is directly linked to finding true happiness in your life. I promise you that what you will learn on this call will you can begin to apply in your life the moment you hang up his phone tonight. And for some of you changes will take place within you even before you end this call.

I'm also going to teach you how to **hold space** for yourself. What I mean by this is how to create a state of being that feels so incredibly safe... so safe that you allow your true feelings to be expressed. That you allow your greatest dreams and your deepest held fears ... allowing all of you to be fully expressed...holding space for yourself.

You will experience this on tonight's call.

Your Essence

The **third part** of this call tonight is **about you** and inviting you to take an intimate journey deep within yourself... to discover your hopes, your dreams, and what might be stopping you or preventing you from realizing your most treasured Heart's dreams. This journey is what I call **The Essence Method** and I call it that because it's a journey that takes you to your Essence—Who you really are. When you have the chance to experience your Essence—the real you—you soon realize it is the **You** way beyond who your mind thinks you are. It's the You that you are here to fully express and embrace. Your Authentic Self.

This is your birthright, this is why we have come here on this physical plane to fully express our Essence. I'll plant a little seed here about this journey...

What really stops us from getting all we want in our lives is what we call **hidden subconscious beliefs**. Notice the word "hidden". We don't know consciously they are there. So the journey you will experience tonight will help you get in touch with your hidden beliefs or blocks that are preventing you from getting what you want and feeling the way you would like to feel on a daily basis. And these hidden beliefs were developed at a very young age—younger than age 7.

So let me just review with you the four main beliefs we have developed by age 7.

1. The world is a safe place
2. I am safe in the world
3. I am lovable
4. I trust in God, my Creator, Source

These are four main beliefs that are developed by age 7 and they weave their way through our adult lives.

This is where the journey that you will experience tonight will be a meaningful turning point for you in your life. Because discovering your hidden beliefs is key. The key word here is hidden. They are not readily available in your conscious mind.

At the very end of our time together tonight I will open up the lines and take some questions that you might have or we can talk about your journey.

So as we move along, I would like to briefly define one term that you will hear me use throughout the entire evening. That is your Heart Center. When I speak of the human Heart and your Heart center I am talking about something far greater than the Heart itself. I am referring to your Heart center.

If you are familiar with the chakra system you know that the Heart chakra is located in the middle. It is located in the middle, the bridge between the lower three chakras and your higher three chakras. Your Heart center is the bridge between your humanness and your divineness. Your Heart center holds your spirit, your Essence, who you really are.



Your human Heart is 5,000 times more electromagnetically powerful than your mind

Dr. Paul Pearsall says it best when he states your Heart holds your Heart's Code, your spiritual Essence. I would also like to remind you that your Heart center is very wise. There is much research available now indicating to us that the Human Heart is far more powerful than the mind. In fact, your human Heart is 5,000 times more electro-magnetically powerful than your mind.

During gestation, at day 23 your Heart begins to beat. They call this the embryonic Heart beat. Long before your brain ever measures a brain wave. Your Heart holds life itself first and foremost. Your Heart is far more powerful than your mind. Your Heart speaks a unique language that we are not so familiar with. It is different than the language of the mind. We just need to come to understand this language our Heart is speaking to us.

The mind speaks in patterns, in memories, in something you might term a skipping record. You might notice that some of your thoughts that linger around in your mind might be the same thoughts you were thinking the day before.

In fact, 97% of our thoughts in any given day are the same thoughts from the day before. So that means there is about 3% of new fresh thoughts in a given day. When we are under stress those thoughts repeat themselves and repeat themselves.

When we're under stress, and when we try to solve a problem, fix a problem with our minds, we are just going around in circles. Problems are not best solved with the mind, problems are best embraced by the Heart.

One other thing I would like to mention about the Heart, your Heart is place of present moment awareness. A state of being. When you're up in your head, fixated in your mind, you are either reliving a past memory or worrying about the future. We call that a state of fear if it is pronounced.

When extended over a period of time it stresses the body. Something I have learned from Chinese Medicine, is that an over-active mind, a mind that continues to revolve in circles trying to desperately solve problems in life, taxes your energy system. The meridian that gets taxed the most by the overactive mind is your kidney meridian. Your kidney meridian according to Chinese Medicine holds your life force.

So being living more up in our head in our minds is actually life depleting over an extended period of time. If you ever feel tired, fatigued in a given day take a look at the stress in your day. Ask yourself, Have you been overly up in your mind, overly trying to solve your problems with your mind. It depletes your energy so tonight you have this time just for you.

Tonight you have this time just for you. I honor you for taking this time just for you. You will experience a journey inward where you can replenish your energy, nurture yourself in a very special way.



So as we begin, I would like to share a beautiful Hawaiian tradition with you that I have learned throughout my many journeys to Hawaii. The Hawaiians have a wonderful way of beginning any type of event or gathering... and that is to say “E Komo Mai”

“E Komo Mai” means welcome into our Family... and the Hawaiian word for family is O’Hana... so I welcome each of you into this O’Hana this evening... and as we settle in I invite each of you to imagine that we are all together in the same room... or the same place... so lets imagine sitting in a large circle together and take a moment to connect to this circle and each other's energy. Take a moment to connect to this O’Hana that has formed in this moment... it is by no accident each of you are here in this moment... forming this O’Hana.

“E Komo Mai...”

Let’s each take a deep breath and I invite you now to close your eyes... and place your awareness, your focus into your Heart space... placing your awareness into the very center of your chest... the very center of your Being. Remembering your Heart holds a wisdom that is far more powerful than your mind.

Feel your Heart softening, relaxing and gently opening... perhaps you can feel the pulse of your own Heart beat... the place that holds the very Essence of who you are.

I invite you to ask yourself this question from your Heart...

“What does my Heart long for?”

Just allow yourself to hear the language of your Heart...

as it gently speaks to you...

Breathing deeply into this sacred space... gently focusing on your breath as it gently rises and falls... Now imagine your feet are firmly connected to mother earth... imagine that there are two large roots extending down through your feet, one large root on each side extending down each leg, allow your roots to extend down down, down into the very center of Mother Earth.

At the very center of Mother Earth, there is a large ball of red healing earth energy. Take a moment to connect to this healing earth energy and find a special place to connect your roots.

And now gently shift your focus to the very top of your head, and place your awareness into your eyes—your third eye. Gently, allow your eyes to rise up and imagine you are connecting to the Divine presence—to Source...

Allow yourself to float upward...rising above... and feel yourself connecting to Source... connecting to a deep and more expansive love... bring that love into your Heart. Allow this Divine loving energy to flow directly into your Heart space. Fully connected to Source, allowing your Heart to expand...

Place your fingertips over the center of your chest... the very center along your breast bone or sternum... and breathe deeply into this place... this is your place of tranquility... your place of peace... connected to Source within your Heart. Gently within yourself say these words...

I am within Source, Source is within me... Source and I are one

Know that you can return to this place whenever you wish... this is your place of Peace...

In a moment I will guide you back from your journey... as we prepare for that process I invite you to bring with you your open Heart... as you begin to bring yourself back from your journey... hearing my voice, feeling your hands and your feet and gently bringing yourself back into this present moment, feeling refreshed, renewed and ready to continue with the rest of our time together this evening.

As you bring yourself back more and more from your journey just allow yourself to listen to my voice...

As we move further into the first part of the Tele-Class this evening, we are moving into the area of **Unconditional Love**... I would like to take a few minutes to define what Unconditional Love is and how it's unique from any other type of love.

Unconditional Love—is best defined as an experience and it's an experience of the Heart. Unconditional love is not something you can come to know by reading about it in a book or hearing about it from a teacher... it is something you come to know by an experience that you have within yourself that touches your Heart deeply.

You have all experienced unconditional love in your life. You just did a few moments ago when you connected to your Heart and to Source. If you aren't sure you felt that connection, just remember a time in the past when time felt like it stood still. Remember the feeling of picking up a soft little puppy, or holding a baby or watching a beautiful sunset at the ocean's edge...

These are all moments of experiencing unconditional love. When you're Heart has been touch beyond your mind. And this is experienced through the Heart.

Unconditional love is different than other types of love in one important way...

Unconditional love is unconditional. Meaning that it is a state of total acceptance for what is in the moment. It's a state of being free from any judgment, fear, free from the past and free from the future. It is present moment awareness.

One of the most common problems most of us experience is that we linger too long in our thoughts, up in our head, when we should be feeling through our Heart. Being up in our heads, consistently connected to the thoughts in our mind, causes us to feel a sense of separation and sometimes a low level discontent that causes us to suffer more than we even are consciously aware of. Think of the term Quiet Desperation, or The Silenced Heart.

A sense of feeling separate from our true self and Source is the cause of unhappiness. For when we are separate from Source and cut off from our Heart, we are crippling ourselves with messages of judgment and self rejection.

If this separation continues for an extended period of time we begin to feel that we will never be able to escape the pain or the suffering and a feeling of being trapped begins to set in. We end up feeling hopeless, stuck and trapped.

For those who are familiar with David Hawkins work and his book Power vs Force, he clearly states that how even a few loving thoughts throughout your day, far more counter balance all the many negative thoughts. It only takes a few loving thoughts to transcend the many negative thoughts.

Love is a high vibrational feeling. Anger, fear, guilt, grief are all low vibrational feelings. So for many, when we feel those low vibrational feelings we are really feeling the separation from our Hearts, from ourselves and from Source.

For many of us, when we feel this separation, we look outside of ourselves to ease this discontent. Any efforts outside of ourselves only provide us with **temporary relief**. So the same old feelings eventually creep back in.

There is only one true way to find lasting and authentic fulfillment and happiness. That is by **living from your Heart**—connected to **Source**—which ultimately means connected to your feelings in any given moment. Honoring the most real part of yourself—your feelings.

In summary: What is unconditional love? It's a love so profound, a love free from any judgment, a love that accepts us just as we are in the present moment, it's a love that allows you to meet the unknown with total comfort and ease...

Unconditional love is a love so vast, so expansive that you can never be apart from it, a love that is always with you... it's a love that embraces you just as you are, it's a love that knows you quite well and longs to connect with you...

It's the deepest love you are able to experience on this physical plane having a physical experience. Heaven on earth, this is what unconditional love is all about.

It's a love found deep within your Heart... with a connection to Source—It's a love your Heart holds for you always. So why do we cut ourselves off from such a profound state of being?

Simply stated, it's because we've been hurt, we've not been loved in the ways that we have wanted to be loved. And we are afraid of feeling such hurt and pain again.

So our ego puts a wall up around our Heart, a shield or a guard so that it can remain in control. However, what we don't realize when this is happening, is that the very thing we long for the most—love—is the very thing we are distancing ourselves from.

When we feel other than peace, love or joy, we are feeling separation from Source, from our Essence. During those moments, our attention is placed on our suffering, on our problem and we experience resistance. Resistance to feeling the dark feelings. This prevents you from being able to direct your own love and inner resources to transcend your pain. This very act of focusing on our problem cuts us off from being able to transcend it.

Even when you are in pain, there is always love. Place your awareness into your Heart And call yourself back into your Heart. When you do this you transcend the suffering. There is no suffering in present moment awareness. Suffering is a result of being up in your head, remembering the past or worrying about the future.

So the message you are sending yourself when you go to your Heart is that you are not alone. You are just at a difficult crossroads in your life. But you are never alone. No matter how hard or long your mind tries to convince you, you are never alone. Remember the love that you seek is always seeking you. Your Heart longs to reconnect with you.

So call yourself back to your Heart...

One of the greatest limiting beliefs I run into is the fear that I am all alone, and there is no one to help me. That is a powerful, profound limiting belief that affects your day to day reality. For those of us that this is true for, we know that this belief comes from an experience at a very young age. An experience that caused us to believe we are all alone. It's from an experience that we believe we are cut off from ourselves, from others and from Source. However we know that this is never true.

Remember what I mentioned earlier, when we are young, developing these beliefs, the most powerful part of our experience is what we say to ourselves during or after the experience—not the experience itself.

So it is what we say to ourselves during our after the experience that is the key. I could share with you an experience I had when I was 5 years old. Because of that experience I bought into the belief that I am all alone and there's no one to help me. However, you could have had the same experience that I did and you could have walked away without that belief. These experiences and what we say to ourselves is unique unto each one of us.

In just a little while I am going to help you get in touch with some of your limiting beliefs and help you transcend them.

When we experience pain in our lives, we tell ourselves certain things... such as: *"I will never feel such pain again", "I will never open my Heart again because I only get hurt..." "It's too high of a cost to let love in..." "I can't live my life's dream because I don't deserve such happiness"*. These are the vows we make so we won't experience the pain, the rejection or the abandonment. There is a price to pay when we make these vows.

We think we are protecting ourselves, that a part of us is rescuing ourselves so we will never feel that pain again. So we continue to build walls around our Heart. If left alone, these walls grow stronger, and eventually can lead to emotional or physical dis-ease in the body. Some researchers believe that all dis-ease be it emotional or physical—is a result of being cut off from our own self love.

So what is the answer? It's rather obvious. We need to relearn how to connect with the unconditional love that lies within us. And that unconditional love is found in the Heart through being in the present moment. We need to be able to bring our most painful feelings into the loving space of our Heart, into the unconditional love our Heart holds.

The Present Moment

What do I mean by the present moment? The present moment is the pivotal point between the past and the future. The present moment is a state of being that holds only unconditional love. You can not be in love and fear at the same time for they don't exist in the same space. When we are experiencing fear we are reliving a past memory or worrying about the future which hasn't even happened yet.

When we are in the present moment we are experiencing a powerful state of unconditional love. So our task in our everyday lives becomes to call ourselves back to our Heart Space... to our Truth, to the present moment...

Let me share with you how I do that for myself in my everyday life... it's simple.

When I catch myself up in my head, feeling anxious, worried, or stressed, I first and foremost, take a deep breath—a breath with intent. And I place my hand over my Heart. I consciously call myself back to my Heart Center—to that place of tranquility you all connected with just a little while ago on this call. My rambling thoughts cease and my emotions are transcended.

Imagine what your life would be like if you consciously called yourself back to your Heart space throughout your day. I am going to teach you a method shortly that will allow you to do this and to honor all your feelings in any given moment. This journey is all about calling yourself back to your Heart space. Feeling all your feelings.

It's a method you can use anywhere anytime to call yourself back to your Heart. You can use this process in its entirety or in small segments. This journey gives you many gifts. One of them is it allows you to become the observer to your feelings.

Before I move on I would like to cover just one more point about our feelings. I am going to make a statement and I want you to try it on so to speak...

"I am not my feelings... I am merely having an experience of them..."

When we can become an observer to our feelings it is the first and important step in transcending them. The ego mind makes the mistake in life thinking we are our feelings.

Just listen to your common everyday language...

I am sad
I am depressed
I am unlovable
I am stupid
I am all alone...

Those are powerful statements, I am... The truth is there is a part of you that is experiencing feeling sad, there is a part of you that's experiencing feeling alone. **You** in your whole being **are not your feelings**. You are having **an experience** of them, good or bad. Why is this important to understand?

When we can become an **observer** to our feelings we can be much more objective as to what is really going on. To become the observer to our feelings is to step aside and remove ourselves from being consumed by the feeling and to becoming its witness or observer.

This is very powerful. If this seems a little confusing to you at this moment that's ok because what we are about to move into is this very process. I am about to guide you through what I have called **The Essence Method**.

This method allows you to become an observer to your feelings. It allows you to get in touch with your feelings—especially the heavier ones. It also allows you to get in touch with your hidden fears, limiting beliefs and blocks that prevent you from getting what you truly want in your life.

This is a powerful journey—sacred by nature... Once you make this journey you will experience yourself on a much deeper level. You will connect with yourself deeper than perhaps you have in a long, long time. You will find a part of yourself that perhaps has felt lost for many years. You will rediscover your **Essence**.



A Gentle Journey of Loving Yourself

Taking a break...

Taking a sacred journey inward... this is a wonderful gift. As we begin I am going to invite you to be sure you're comfortable where ever you are seated, with your arms and legs uncrossed. Allowing the energy to flow evenly.

Let's begin the journey...

With your conscious mind, begin to think what you would like to create or manifest for yourself at this time in your life...

If you could choose only one which one would you choose?

As you bring that choice into your conscious awareness ask yourself

what prevents you from having this to the extent you would like it in your life.?

Just notice what comes up for you... especially what feelings come up for you...

Maybe you have some uncertainty maybe you're aware of some fears, limiting beliefs, or feelings of undeserving, that its not possible or that you don't have enough resources, education, money ... notice what comes up for you and what feelings come up.

Notice where you feel these feelings in your body.

What does this feeling or feelings feel like?

Stress, an ache, a pain, an emptiness... try to identify what this feeling feels like...

Staying connected to this feeling ... imagine now that this feeling is really a little child about the age of 5 or 6...



The Little Child Within



Imagining that this feeling is a little child about the age of 5 or 6, so in your mind's eye see a picture of a little child at about that age. Now this little child can be you if that's what comes to you.

So in your mind's eye, see this little child...

As you stay connected to this little child, notice a little bit about this little child, Notice if this little child is indoors or outdoors... alone or with others...

As you stay connected to this little child, see yourself stepping into this picture and sit down next to this little child. As you do so ask this little child to tell you how he or she is feeling...

And listen with love and compassion... allowing this little child to express fully and completely all he or she is feeling.

And as this little child shares with you how he or she is feeling, ask this little child *"what are you most afraid of?"*

"What would be the worst thing that could happen if this were to come true—what you're most afraid of..."

Remembering to hold space as this little child expresses... As this little child shares his or her feelings with you. See yourself bringing this little child close to your Heart in a warm embrace, a loving hug. Just notice how this little child is feeling now... honor however this little child is feeling.

As you do so, send this little child messages of love. Letting this little child know that you love him or her and that you understand how he or she is feeling. Those can be pretty heavy emotions to be carrying around all these years.

Ask this little child if he or she would be willing to accept a gift from you and notice what he or she says,.

You can tell this little child that this is a gift from your Heart...

And if this little child is willing, see yourself sitting across from this little child now... You can stay connected by holding his or her hand sitting across from this little child

Place your awareness your focus deep into your Heart space and feel your Heart softening relaxing and gently opening...

Feel and begin to sense the unconditional love that lives in your heart. Begin now sending this unconditional love from your heart directly into the heart of this little child.

Allowing this little child's heart to fill on the inside with your love...

As you send this little child the loving energy from your Heart, once again send this little child messages of love.

Letting this little child know how much you love him or her and that you think he or she is quite special... and that you accept him or her just as they are in all his or her glory

Let him or her know you cherish his or her gifts, talents, creativity, free spirit.

Very gently place your awareness a little deeper into your Heart space feeling your Heart softening even more, imagine now that this little child is sending you the unconditional love from his or her heart directly into you're.

Allowing yourself to receive back this gift of love. As you receive this gift of love within yourself say these words.

I am a radiant being filled with light and love

"I am a radiant being filled with light and love..."

And allow your own radiance light and love to fill your entire chest area now...

Filling every cell and in between every cell...

Allowing your own radiance, light and love to expand now to fill your entire body...

Filling every cell and in between every cell...

Allowing yourself to bathe in your own radiance light and love for a few moments...

See yourself now taking the hand of this little child and see yourselves standing at the threshold of a beautiful path in nature...

this path represents your future from this moment forward. Before journeying into your future take a moment to connect with this little child and ask him or her if there is anything he or she needs from you before journeying into the future...

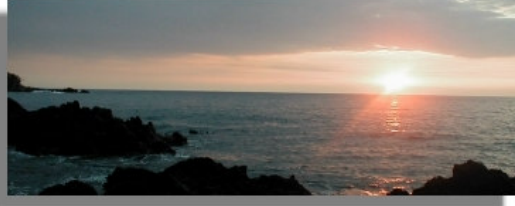
And whatever that little child shares with you honor that...

And then take a moment and check in with yourself and see if there is anything you might need from this little child before journeying into the future and just notice what comes up for you...

Make a promise that you will be there for each other every step of the way

Allow yourselves to begin to journey down this path into your future.

As you journey down this path into your future, you notice a special place calling to you, beckoning you, go there now together... allow yourselves to relax a little deeper...



This is a place where you both feel safe... this is a place where you feel peaceful, calm, tranquil... this is a place where you feel nurtured, loved. A place of deep inspiration and creativity

I invite you to begin to imagine envision create your ideal self in your ideal future, imagine envision create your ideal self in your ideal future..

As this unfolds for you just allow your ideal self and your ideal future to unfold for you...

As this unfolds for you see yourself... notice your face, your eyes, your smile and the clothing you are wearing... the people you are with and the surroundings you find yourself in...

Notice what you are doing or not doing...

As you create your ideal future, take a heightened moment in your ideal future—perhaps it's a moment when you are with others, in your favorite place or just with yourself... a moment of high vibration for you.

And as you connect in this moment, ask yourself:

"What is my greatest gift I am here to share with others"?

Just allow that clarity to come to you

Breathing deeply into this special place, state of being and feel the feelings deep into your Heart as this unfolds for you.

Imagine now that it's at the end of a day. The end of a day in your ideal future... Imagine now you are lying in a big comfortable cozy bed about ready to fall asleep....

The end of this day in the life you have created for yourself and are continuing to create for yourself.

Take a moment and express gratitude for the life you have created for yourself and are continuing to create for yourself.

As you lie in this comfortable cozy bed... you notice there is a special place for that little child... your new found friend and that little child feels safe, Loved, nurtured, understood heard and loved... safe... accepted... treasured and cherished.

Also in your Heart are all those whom you love and who love you.

As you are about to fall asleep in this big comfortable cozy bed, take a moment to remember your day... all that went on in your day...

Rising in the morning, beginning your day, connecting with yourself, going about your activities, sharing your gifts with others. Remember how you felt and the feelings you experienced throughout your day...

Remember those moments of heightened awareness, those moments of consciously living from your Heart. Feeling fully alive, feeling all your feelings. Remember sharing your greatest gift with yourself and others.

As you revisit your day. Place your awareness deep within your heart space. If you could find a word or two that would best describe how your Heart feels, what might that be

If you could find an image to best represent this feeling in your Heart what might that be?

Fully embrace this and breathe deeply into this knowing that this is your Essence, who you really are. You can trust this for it is eternal.

In a moment I will guide you back from your journey and I invite you to bring with you all that has been meaningful for you on this journey.

I invite you to bring with you your Essence, who you really are...

And the essence of your greatest gift, the gift you are here to share with others...

I invite you to bring with you all else that has been meaningful for you on this journey...

Knowing it is fully integrated now....

Bring yourself back now from your journey...

Hearing my voice and bringing yourself into this moment and notice how you feel...

Take some time to journal your experience...

Journal how your Heart feels... and anything else that has been meaningful for you on this journey.

As you complete that I invite you to listen to my voice for a few moments...

I invite you to stay connected to this little child, your new found friend, this deeper part of yourself and I invite you to bring this little child with you into whatever you do where ever you go.

This little child holds the key, he or she knows the way. Whenever you feel burdened, stressed or a heavy emotion, anger, fear, loneliness, emptiness, loss, grief, guilt, when you feel these take a moment to connect to this little child and ask this little child to tell you how he or she is feeling.

This is how you can stay present with your feelings, all of them. This is how you can call yourself back to your Heart. Bring that little child and all the feelings that he or she expresses into the loving, unconditional space of your Heart.

You will feel these emotions shifting, transcending. You will experience a lightness of being as you stay connected to your feelings and continue this relationship with yourself at this deep level. This is a powerful journey. Staying connected to this little child within is a powerful practice. It keeps you connected to your feelings.

It gives you the experience of unconditional love. This is one of the best ways you can love yourself—all of you.

Staying connected to that little child within is a powerful practice. It keeps you present with your feelings. It gives you the experience of unconditional love. This is one of the best ways you can love yourself, all of you.

If you want to feel more love in your life, more Heart centered living, stay connected to yourself on the level. You will come to see this and experience this.

When you love yourself unconditionally first and foremost you begin to attract this into your Heart and into your life. There is a wonderful metaphor from Dr. Bruno Cortis:

The human Heart is surrounded by the coronary arteries. Coronary means crown, the human Heart is surrounded by a crown. Something that we know, a function of the human heart is to nourish the body with blood supply and oxygen

Something very unique happens once and only once in your entire life. That unique happening happens with the very first beat of your heart. Once and only once in your entire lifetime when your Heart takes its very first beat, it does something very unique

Instead of sending that nourishment to the rest of your body it returns that nourishment to itself first. The very first beat of your Heart pumps that nourishment that blood supply to your own heart first. Beginning with the second beat on, nourishes the rest of your body. The beautiful meaning of this metaphor is the very nature of your human Heart is to nourish itself first and then has that much more to give

So when you nourish yourself first with your own self love you have that much more to give others. Let me share with you a very magical piece to this when you give yourself your own unconditional love to yourself first. You melt away you open your heart and melt away the shields and guards and you ease those feelings that can feel dark and scary.

You melt away shields or guards that you may have placed around your heart. You let love in, feeling fully alive because you can feel all your feelings. I invite you to stay connected to this journey, this little child within.

Love this part of yourself, bring this little child into the loving space in your Heart. I promise this will be a transformational journey for you.

"The human Heart is surrounded by the coronary arteries. The word coronary means "crown". Therefore, the Heart is surrounded by a crown.

The function of the coronary arteries is to pump biochemical nutrition - blood, to the body. During gestation, the Human Heart is the first to register any signs of life. Something very unique happens during this early stage...

The Human Heart begins to register a pulse... it begins to beat. **The VERY FIRST BEAT** of the Human Heart is quite significant. As the Heart pulsates its first beat, the blood that is pumped out of the Heart returns to the heart via the coronary artery. It does not go to the rest of the body for nourishment... **it returns to itself first.**

This happens once and only once in our entire lifetime."

The significance of this beautiful story is that the very nature of the human Heart is to nourish itself first. By nourishing itself first, it has the capacity to nourish the entire body for the rest of our lives.

So too, when we take care of ourselves, love ourselves first, we have that much more love to give others.

Embrace each day with love and the wonderment of a child...
Remember to give yourself the gift of self acceptance and self love.



*Some people come into our lives and leave footprints
on our hearts and we are never ever the same.*

*Some people come into our lives and quickly go...
Some stay for awhile and embrace our silent dreams.*

*They help us become aware of the delicate winds of hope...
and we discover within every human spirit
there are wings yearning to fly.*

*They celebrate the true essence of who we are...
and have faith in all that we may become.*

*Some people awaken us to new and deeper realizations...
for we gain insight from the passing whisper of their wisdom*

*Throughout our lives we are sent precious souls...
meant to share our journey however brief or lasting their stay
they remind us why we are here.*

*Some people come into our lives and they move our souls to sing
and make our spirits dance.*

*They help us to see that everything on earth is part of the incredibility
of life... and that it is always there for us to take of its joy.*

*Some people come into our lives and leave footprints on our hearts
and we are never ever the same*

Flavia