



The Mind—Heart Integration Technique

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

*With
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“You Can Not Be In Love and Fear At The Same Time”
Susan Castle

Can You Be in Two Places at Once?

You can not be in love and fear at the same time. They do not occupy the same space. Love is of the Heart and is a state of present moment awareness. While fear is of the mind and is a state of dwelling in the past or worrying about the future.

Present moment awareness (the state of being in the Heart) is the pivotal point between the past and the future. It's the powerful present. In the present moment, you have all you could ever want or need.

Where do you live most of the time?

The Human Heart: How Is It More Powerful Than The Mind?

According to the research of Dr. Paul Pearsall, the Heart is five thousand times more electromagnetically powerful than the brain. This magnetic field can be detected by specialized technology as much as 10 feet away.

By the twenty fifth day of gestation, long before a woman may even know she is pregnant, the embryonic Heart has begun to beat. The embryonic Heart is the first to register life.

The first beats of the embryonic Heart occur well before the brain registers any brain wave activity. The Heart's physical strength surpasses all known mechanical operations the brain has been able to construct. In fact, the Heart continues to beat on its own even when a person is declared “brain dead”.

The Heart holds a wisdom that will never fail you. When you quiet your busy mind, you can hear the Wisdom of your Heart. This is a Wisdom you can trust.

Often when people use Clear Mind they report hearing profound Wisdom from their Heart. This happens because when you use Clear Mind it slows your brain wave state down to a very relaxed state. Enough so that you can hear the Wisdom of your Heart. This is where the **real you** is... it's a state of Beingness.

When you close your eyes and take a deep breath you begin to get in touch with your deeper wisdom. On page 4 we review the process of connecting your mind and your Heart so you can be in this place with conscious intent.



The Heart Speaks It's Own Unique Language: The Language It Speaks Is the Language of Feelings—Love and Compassion

Remember a time when you felt like time stood still... perhaps you were watching a breathtakingly beautiful setting sun on a tropical sandy beach or gazing up at a night sky filled with twinkling stars feeling connected to the Universe. Maybe your moment was the birth of a child, holding a puppy dog, the day you said "I do", or sitting up against the trunk of a hundred year old tree and feeling its wisdom.

These experiences seem to evoke a kind of intimacy within us that mere words can't adequately describe. A feeling is created in the Heart that speaks a language unto its own.

The Heart, being the most sensitive organ in the body, is our feeling center. It functions not only as a powerful organ in the body but also as a unique kind of brain unto itself. A brain that experiences emotions and feelings.

When we are children we experience life through the Heart center. We are mostly feeling individuals. As we grow older and become conditioned to live and rely on our brain we lose this connection to our Heart center and we become overly dependent upon our brain.

The Heart has many valuable lessons to teach us. They are lessons of love. One of which is to remind us:

"We are never alone"



The Mind-Heart Integration

What is the Mind-Heart Integration technique?

The Mind-Heart Integration Technique is a powerful technique to bridge the mind with the Heart. It is a way to integrate our wholeness, our infinite intelligence. It is a process that allows us to locate our consciousness within our Heart rather than our brain.

The Mind-Heart Integration technique allows us to profoundly experience the soulfulness of who we are within the Universe.

The Mind-Heart technique invites your thoughts to merge within the unconditional love of your Heart and experience unconditional acceptance. When we practice this we are in touch with our feelings—which are the most real part of ourselves.

When we reclaim the Heart as the Center of Wisdom we are in touch with a Wisdom that will never fail us. A Wisdom we can trust.



The Mind-Heart Integration Technique



1. Bring into your awareness a problem or challenge
2. Feel the feeling that you are experiencing as you think about this problem
note where you feel this feeling in your body
3. Close your eyes and imagine this feeling to be a little child (age 5 or 6)
4. In your mind's eye, see yourself entering into this picture and sitting next to this little child... and ask this child to tell you how he or she is feeling...
5. Ask your inner child this question:
"What is your greatest fear about this?" and...
"What is the worst thing that could happen if this fear were to come true?"
6. Place your hand over your Heart and see yourself bringing this little child close to your Heart in a warm loving embrace.

Within yourself send this little child messages of love and reassurance letting this little child know you are there and everything will be ok
7. Place your other hand over the front part of your head and breathe deeply into this moment...

Allowing your mind to integrate within your Heart...

Breathe deeply and know that all is well in this moment...



(bring this little child with you from this moment forward into whatever you do and where ever you go... stay connected to this little child and your feelings)



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Mind-Heart Integration

Susan is an expert in healing the Heart and helping people live from Heart Consciousness. She brings over 20 years of experience in the field of Energy Medicine and Mind Body Integration to her work. Susan is a personal coach, author, Radiant Heart Therapist and co-facilitates the “Realize Your Heart’s Dreams” Retreat Seminars with her partner Paul Bauer.

To learn more about Susan, her work or our Realize Your Heart’s Dreams retreat seminars please visit her website at www.relax-online.com.

To learn more about the Mind-Heart Integration technique or The Essence Method please visit this link: www.relax-online.com/EssenceC.htm