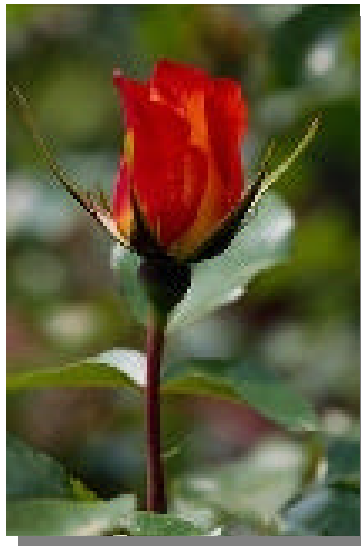


Opening Your Heart To Abundance

*Discover the most well kept secrets to
manifesting your Heart's deepest desires*



Susan M. Castle

www.relax-online.com

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Foreword

Heart disease is the number one killer in the States, claiming the lives of 2600 people every day. Heart attacks cause one death in every 33 seconds, one/sixth of the victims is below the age of 65. Cardiovascular diseases are the number one killer of women as well as men claiming more than half a million female lives every year. We all must take steps to reduce the risk.

To take care of your Heart, the best thing you can do is to be fully informed, fully involved and fully responsible. It is not healthy for you to feel at the mercy of your doctors. Your doctors are doing their best but they can not heal your Heart for you. You yourself must make the decision as to how you will handle your health. There is wisdom inside you that has more profound healing power than all the doctors put together. To me, the real point of medicine lies on focusing on what is positive to make life happier and longer and not necessarily on how to escape death which is an unavoidable reality for us all.

According to physicians in cardiology literature there are a number of conditions that predispose one to hardening of the arteries which is the major element responsible for heart attacks. This includes high blood pressure, high cholesterol, cigarette smoking, lack of exercise, diabetes, obesity and stress.

It has been my experience that the emotional stress is also very important in determining the risk of coronary disease and heart attacks. I believe that more than half of all our problems, both emotional and physical, come from the same source...from one cause, a cause with many roots and that cause is stress.

Stress affects your Heart, and your life. Unless you learn to control stress, it can control you.. What exactly is stress? It is the way the mind and body adapt to change.

One reason that stress of any sort is so hard on your body and mind is that it takes away our sense of control over ourselves and our environment which is one of the most basic human needs. Several studies have shown a strong association between stress-related emotions such as hostility and anger and coronary disease. In medical students followed for 25 years, the higher the hostility's core, the higher the incidence of heart attacks and mortality.

“The Heart never attacks itself... it is the source of life”
Dr. Bruno Cortis

An old Latin proverb says *“Mensa sana, in corpore sano”* which means healthy mind in a healthy body,. The body and mind are intrinsically connected and mutually conditioned and health is the product of a healthy mind, body and Spirit. Therefore, a more holistic approach to the care of the individual would attend to the needs of the body as well as the quests of the Spirit. How can health be without spirituality? Can the body live without the soul that makes it? The Spiritual powers within far surpass any others and transcend it.

The medicine of the future will be more human, spiritual and love oriented, the real medicine is the medicine of the whole person. When I began the practice of holistic medicine, I was in search of teachers, of colleagues with whom to relate; I imagine that patients go through the same struggle in search of holistic guidance.

Now the work of Susan M. Castle and her wonderful tapes and book fills that gap. This book and her tapes provide all the information necessary for you on how you can relate to others and trust, how to listen to your Heart and how to express your feelings. Valuable tools for self-assessment.

Susan’s tapes will provide you with a key to critical lifestyle changes and to a more Spiritual dimension of health. There are many paths to get to that sublime part of one’s self, the Spirit. Affirmation, relaxation and prayer provide all a way to get more in touch with your Spiritual Self. As you practice each, you are putting your subconscious mind to work, It is like creating a street where you can walk straight and confidently. At the end will be positive results.

By experiencing Susan’s Heart work, you will learn the benefits of quieting your mind, and how to breathe, but most of all how to open your Heart to love. As your mind progressively conquers through self-awareness and meditation, your Heart achieves self-healing in the newly found harmony of Mind, Body and Spirit.

Dr. Bruno Cortis, Cardiologist

Author of *Heart and Soul: A Psychological and Spiritual Guide To Preventing and Healing Heart Disease*

*The 4 Secrets to
Opening Your Heart to Abundance*

I. The Journey Into Your Heart

Secret # 1: Making the journey from your Head to Your Heart

II. Trusting Your Heart

Secret # 2: Your Heart will never fail you

III. Learning to Love Yourself... Unconditionally

Secret #3: Discovering your own unconditional Love

IV. The Journey is the Reward

Secret #4: Wherever I go... there I am

Welcome to Opening Your Heart To Abundance. This is a powerful program for Manifesting your Heart's Desires. Within your Heart lie the keys to having all the abundance you desire. Or shall I say deserve! You are a powerful person and you can learn how to effortlessly manifest and attract unlimited abundance into your life today.

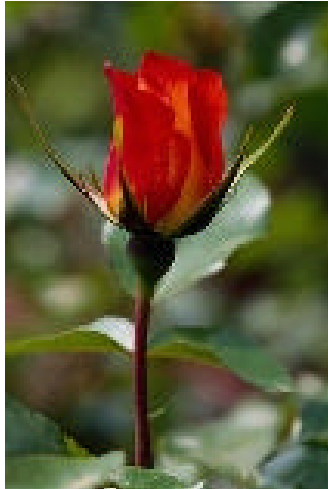
You may be wondering just how it's possible to have unlimited abundance. Perhaps you even know people who seem to "have it all"... the beautiful home, the ideal relationship, financial freedom, time for vacations, radiant health, and a career that brings them great joy and satisfaction etc etc.

Do you ever wonder how they do it? What their secret is? Are you tired of watching others get what they want in life while you continue to struggle searching for the answer? Well, guess what?

You're not to blame, and it's not your fault!

You simply have not been shown an easier, simpler way of manifesting... until now. You see, manifesting what you truly want in life begins with a Vision - a vision from your Heart.

This powerful e-book is going to help you get in touch with your Heart's vision and teach you the skills to manifest what you truly desire in your life.



The Journey Into Your Heart

Secret #1

Making the journey from
your Head to your Heart



*"The longest journey you will ever make in your life is
from your head to your Heart"*
Gary Zukav

The Heart is the Essence of Abundance

The Heart is an infinite source of Intelligence. Many people think that the mind is the most powerful source within us. We've been led to believe that the mind is responsible for most of our knowledge and wisdom. When in fact, your Heart is much more powerful than your brain, 5,000 times more powerful.

In fact, during the beginning developmental phase of life, within the first few weeks in the womb, the Human Heart is the first to register any signs of Life. It begins to pulsate a rhythmic beat much earlier than the brain demonstrates any activity.

The electromagnetic energy of the Heart has been described as a creative, connective energy that seems to hold everything together. The life force that flows through the Heart is the strongest connecting energy in the entire Universe. This life force energy, strong and constant, functions to allow the Heart to pump nutrients to the body and Spiritual energy to nourish the Soul.

INFINITE INTELLIGENCE IS WITHIN ALL OF US

There is a magnificent Wisdom within each one of us, an infinite intelligence, that knows just what to do, when to do it and even how to do it. This infinite intelligence takes care of us, guides us and flows through our entire being.

A Wisdom So True It Will Never Fail You

You have, deep within you, a place where your inner Wisdom flows in abundance. A Wisdom so true that it will never fail you. A Wisdom that knows how to return your body to its natural state of balance and inner peace in any given moment. This Wisdom is found within your Heart.

CAN YOU FEEL IT?

Whenever you find yourself feeling confused, frustrated, stressed... afraid, lonely, unloved or uncertain... you've temporarily lost your connection to your Heart. You've become focused on the problems or stresses in your life and have struggled to find a way out through your mind. We gravitate toward our thinking mind to give us the answers and guide us to resolve our problems.

What we don't always realize is that we are leading ourselves down the path of greater resistance when we attempt to resolve our challenges with the mind only. Bring your Heart's Wisdom into your problem solving and it will make for an easier more creative solution... one with no resistance.

We need to reconnect to our wise Heart... the Home of Infinite Intelligence. Bring your Heart's Intelligence into your everyday life and watch your life transform.

As one sageful man writes:

"... the real problem is that our brain is thinking so hard that we can't hear our Heart think... tuning into my Heart reminds me to lead life and not be led by it"

Dr. Paul Pearsall

“When your Heart speaks take good notes”
Judith Campbell

If you sit very still and listen carefully you can hear the wisdom of your Heart. All you need to do is shift your focus from your head and place your awareness into your Heart.

The following exercise is a wonderful way to open yourself to the wisdom of your Heart.

Enjoy the journey into your Heart...

*Making the Journey from
Your Head to Your Heart*

Connecting To Your Wise Heart





Step 1: Breathe

Take a deep, cleansing breath in...

and as you exhale... release
all tension from your body

Notice how the breath gently

rises...

and

falls...



Step 2: Connect with Your Heart

Physically Connect With Your Heart

Place your right hand over your Heart
and bring your awareness into your Heart

Feel the peace within your Heart...

Hint: Connecting to your Heart means shifting your focus from your head to your Heart. Imagine you are gently sinking down into the center of your body (your Heart) with your energy and your focus.

Step 3: Feel Your Heart

Sense the ease and peacefulness within your Heart...

expansive...

and

soft...



Step 4: Imagine the Color Pink

Feel the calm and peaceful vibration
of the color pink...





Step 5: Ask Your Heart

"What does my Heart want most for me?"

"What does my Heart long for?"

Hint: Allow your Heart to communicate in whatever way is right for you. You may hear a word or a certain message, see a picture or an image, or you may sense a feeling. Trust whatever form of communication you receive.

Return To The Breath...

Know that you can return to this peaceful place
whenever you wish...





Connecting To Your Wise Heart

A Simple 5 Step Process
A Review

Step 1: Breathe

Take a deep, cleansing breath in and as you exhale release any tension from your body Repeat

Step 2: Physically Connect With Your Heart

Place your right hand over your Heart and re-focus your attention to your Heart

Hint: Connecting to your Heart means shifting your focus from your head to your Heart. Imagine you are gently sinking down into the center of your body with your energy and your focus.

Step 3: Feel Your Heart Space

Sense the ease and peacefulness within your Heart expansive and soft

Step 4: Visualize the Color Pink

The color pink resonates a calm and peaceful vibration Pink also corresponds to the Heart Center and unconditional love

Step 5: Ask Yourself

"What does my Heart want most for me?"
"What does my Heart long for?"

Hint: Allow your Heart to communicate in whatever way is right for you You may hear a word or a certain message, see a picture or an image, or you may sense a feeling. Trust whatever form of communication you receive.

Return Full Circle To The Breath

Know that you can return to this peaceful place whenever you wish

You may want to journal your experience with this exercise



Discovering the Inner Peace that lives in your Heart

Have you ever felt time stand still? Have you ever heard the whispers of your inner wisdom through the wind in the trees? Can you remember a time in your life when you felt totally at peace? As if you had not a care in the world... feeling free and light.

These are the times in your life when you've been connected to your soul... your Essence. These are times when you've made that journey from your head to your Heart. Take a moment right now to remember those times in your life. Imagine them now as if they were real...

Notice how you feel as you do this... And notice where you feel these feelings in your body.

For most of us these feelings are not felt in our head... they are felt within our Heart. We are able to get in touch with these feelings because we have shifted our awareness away from our mind and placed it into our Heart. This simple process allows us to be in touch with our feelings.

"A quiet mind is an intuitive mind"
Marcia Emery



How To Quiet Your Mind

Quieting your mind begins with relaxing your body

The word "**relax**" has its origin in the Latin word "relaxare" which means "**to loosen**". When we practice relaxation techniques we are actually loosening tension, releasing tightly held stress from the body and expanding into the blissful state of calm peacefulness.

One of the best ways to relax and release tension is to take a few deep breaths. That's right... a few deep breaths.

Deep **breathing** is incredibly relaxing and beneficial to releasing unwanted stress and tension. Just by taking a deep breath you are inviting your entire body to relax. So next time you are feeling stressed try a few deep breathes... you will be inviting your body to automatically relax.

The benefits to a daily practice of relaxation are many. They include improved health, a release of unwanted emotions, clarity of thought, inner balance, increased energy, feelings of joy and peacefulness, restful sleep and much more.

There are several different types of relaxation techniques. The best way to develop a healthy habit of relaxation is to select the relaxation technique that you most enjoy and feel the most relaxed from. And if you feel creative you can even make up your own as long as it brings you the deep relaxed feelings you desire.

“The real problem is that our brain is thinking so hard that
we can not hear the wisdom of our Heart”
Dr. Paul Pearsall

The following techniques are among some of the more common forms of relaxation.

Progressive Relaxation:

Dr. Edmund Jacobson, in the early 1920's, developed a system of relaxation he called *Progressive Relaxation*. This type of relaxation involves tensing and then totally relaxing specific muscle groups. The goal of Progressive Relaxation is to eliminate the built up tension in the body and to achieve a state of relaxation. This is done through directing the muscles to loosen and relax.

The benefits to practicing ***Progressive Relaxation*** are many. Here are a few:

- ◆ less tension held in the musculature of the body
- ◆ a calm emotional state
- ◆ a greater sense of mental clarity
- ◆ increased energy
- ◆ restful sleep

Autogenic Training:

Developed by Johannes Schultz and Wolfgang Luthe in the 1930's, this method of relaxation utilizes the healing abilities of the body and the power of suggestion. This method involves repeating certain suggestions and concentrating on them until the body responds. An example of this would be "*My arms are light and tingly*" and focus on the sensation of the arms feeling light and tingling.

The benefits noted using **Autogenic Training Relaxation** are many. Here are a few:

- ◆ complete relaxation of mind and body
- ◆ less fatigue and tension in the musculature of the body
- ◆ improved efficiency at work
- ◆ restful sleep
- ◆ relief from anxiety and stress

There is nothing more peaceful than the place
deep within your Heart
Zen Proverb

Relaxation Response:

During the 1970's there evolved yet another contribution in the area of relaxation. Dr. Herbert Benson at Harvard Medical School discovered the *Relaxation Response*. The *Relaxation Response* method involves quieting the mind in a peaceful and comfortable setting while mentally repeating a word or mantra.

The benefits with this type of relaxation are many. They include:

- ♦ a decreased heart and respiratory rate
- ♦ deeper breathing
- ♦ significant levels of alpha brain waves which promote health
- ♦ a profound rested state
- ♦ feelings of peace, satisfaction and inner balance

The Essence of Peace Relaxation:

This method to reaching a relaxed state is one of my favorites. I developed this method based on the many types of relaxation methods I have learned and practiced. It works well for me. By using this particular relaxation technique I am able to get to a relaxed state within seconds.

Take me away...
to that place where my thoughts become so light
that they begin to float on the summer's breeze



The *Essence of Inner Peace relaxation* involves using visualization and guided imagery. The body relaxes through a series of deep breaths and focus is brought away from the mind and into the Heart. You are then guided to your own peaceful place. The rest is your own journey to your special place of **inner peace**.

The goal of this method of relaxation is to give you your own experience of what it feels like to be relaxed. You essentially take yourself to your own special place deep within where peace abounds. This is a powerful skill because once you know **internally** what it feels like for you to be relaxed, you can access this place whenever you wish.

All types of relaxation techniques involve a *self directed* method for achieving relaxation. It just depends on which method feels most suitable for you. Try each one on so to speak and feel which one fits you the best.

Exercise Number One

The Art of Relaxation

Take a few moments to spend in Relaxation

Find a comfortable place where you will not be disturbed

Play your favorite calming music and allow yourself to relax into the soothing sounds, become one with the soft rhythm...

Dwell here in this relaxed state for several minutes... and allow your thoughts to let go...

After listening to your favorite relaxing music and relaxing, note how you are feeling in this moment... Right Now. Take a few seconds to write down your feelings.

I Feel _____

Notice where you feel these feelings.

This is your experience of **inner peace in this moment ... Remember...** You can return to this place within whenever you wish.

Let's Review

Secret # 1: The Journey From Your Head to Your Heart

Secret # 1: The Learning Objectives for this section are:

1. To learn how to quiet your mind
2. To discover how to shift your awareness into your Heart
3. To discover different methods of relaxation
4. To learn the benefits to practicing relaxation daily
5. To practice a relaxation technique that works for you and journal how you feel following your experience
6. To use relaxation as a tool to restore inner balance and harmony

Your assignment:

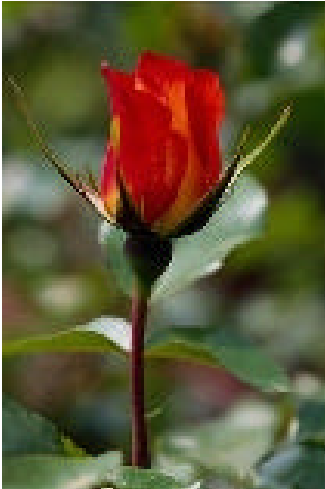
Daily:

1. Practice some form of relaxation for *at least* 5 minutes
2. Take note of your feelings before and after your relaxation session
3. Keep a journal of your relaxation experiences and your feelings

Each Evening:

1. Just before falling asleep... remind yourself of all you are grateful for in your life Today

*"Every time you let go of something limiting,
you create space for something better"*
Steven C. Paul

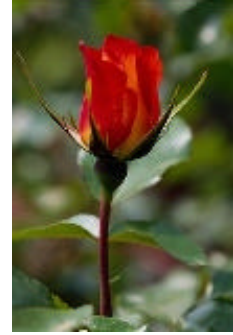


Trusting Your Heart

Secret # 2

Your Heart will never fail you

Your Wise Heart...



It will never fail you...

You have made a wise decision and have chosen a path which will be a turning point in your life. You have chosen a path to **opening your Heart**. The interesting thing about having made this **choice** is that you will begin to see your life unfold... almost naturally with far less effort and according to what is most important to You.

What does it mean to choose the path of an open Heart? When we choose to live from the awareness of our Heart we are **Living the gift of life**. We are essentially accessing **infinite Intelligence**. An **Intelligence** far greater than the mind.

An Intelligence belonging to the **Heart**...

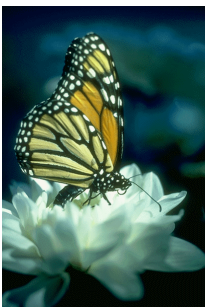
“We all sit in a circle and suppose
while the secret sits in the center and Knows”
Robert Frost

Infinite Intelligence

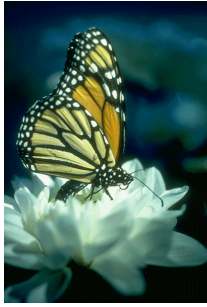
There is a magnificent wisdom within each one of us, an ***infinite intelligence***, that knows just what to do when to do it and even how to do it. This infinite intelligence takes care of us, guides us and flows through our every being. Right this very moment ***infinite intelligence*** is flowing through you as you read these words.

Creative ideas and feelings are moving through you which will bring a richness to your life and a warmth to your Heart. It's all in Divine Order.

The secret is allowing this into our awareness and trusting infinite intelligence to flow through your life. Our infinite intelligence serves us well when we allow it to speak through us.



I wish to share with you a powerful example
of **infinite intelligence**



Monarch butterflies, the large black, orange and yellow beings of nature, live and frolic in the warmer weather. When the cold begins to set in these butterflies migrate where they join all other Monarch Butterflies in a journey to a particular haven in the southwest.

The interesting fact about these butterflies is that they never make it to their destination in the southwest. Only their offspring do. You see, the parent butterflies die off shortly after giving birth and it is their offspring that make it to the haven in the southwest. Somehow, without ever having made the journey before, the young butterflies make it to the exact destination their ancestors were headed for. All of these butterflies are **guided** to meet at a place they have never been before... guided to journey down a path they have never traveled. Yet they all make it!

the monarch butterfly story is adapted from the writings of Alan Cohen

How is this so?

What is your Heart *Longing To Express*?

There is a magnificent wisdom that guides the entire Universe, every one and everything is a part of this force. Just as the Monarch Butterfly is guided, **so too** you are guided.

Each one of us has a personal path we are here to follow. This is the path of our purpose and personal fulfillment in life. This is the path to unlimited abundance. It is only to the extent we allow ourselves to walk this path that we satisfy the longing of our Heart... our life's purpose.

“Turn toward the mystery of our own nature just like
the sun flower turns towards the sun”
Marsilio Ficino

The Wisdom Of Your Heart will never fail you

This infinite wisdom has always been with us even from the time we are very young. As children, we are very much in touch with this wisdom and with our personal path. We walk our path easily, effortlessly and joyfully. Just look at children and you can't help but observe their blissful play, the smile on their face and the curiosity when they awaken to meet the new day.



“For all these years you have protected the seed...
It’s time to become the flower”
Stephen C. Paul

Opening Your Heart to Abundance

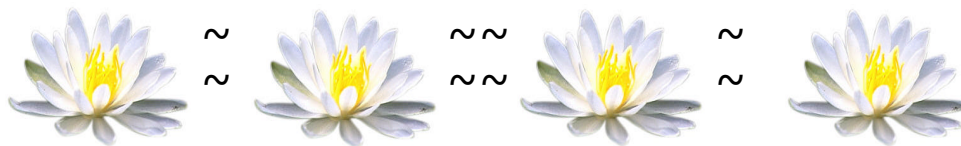
The most powerful step in opening your Heart to abundance is to **identify your Heart’s vision**. Your Heart’s Vision is different than your goals or even some of your desires. Your Heart’s Vision is an expression from your Heart. It is your **deepest core desire** beyond all others. It is the **longing of your Heart**... it is your **soul** longing to express itself.

It is your Essence

The Secret to manifesting is remembering you always have choice

In an effort to gain more clarity of your Heart's Vision I invite you to experience dream - scaping. A **dream - scape** is a simple exercise that allows you to be completely free to create and envision all your desires. You will be given the opportunity to write down all that you want to manifest in your life... Allowing yourself to dream the dreams of your Heart.

Sometimes it is helpful to imagine you have all the money you could ever want and that there are no limits... with this taken care of, what then **do you truly desire?** Remember... any and every dream is possible.



The following page contains the dream-scape exercise.
Have fun!

Phase 1: Opening Your Heart to Abundance

1. Begin by finding a **comfortable** place where you won't be disturbed
2. Remember, There are **no limits** to what you can dream possible. This is an exercise in letting your mind go and tapping into your playful, creative imagination.
3. Imagine for a moment you can **be** anyone you want...
Imagine you can **do** anything you want... **create** anything you desire

ANYTHING! Let your imagination go wild and allow **all** your desires to come forth

4. Write down your top 10 Heart's Desires... what you want to have, be or do **Be sure to include everything...** pretend there are no limits (go to the next page to record your top 10 Heart's Desires)
5. Read over your list of desires. Make sure you have not left anything out

feel free to print out the next page
so you can write down your top 10 desires

My Top 10 Heart's Desires

1. _____

6. _____

2. _____

7. _____

3. _____

8. _____

4. _____

9. _____

5. _____

10. _____

Phase II: Identifying Your Heart's Vision

1. You will now be working with the list of your top 10 desires. Read the following directions and then return to the previous page
2. Begin with your first desire labeled # 1
example: *I want to be a painter*
then take your second desire labeled #2
example: *I want to attract my perfect job to me now*
3. Ask yourself “*If I could select one and only one desire which would I select*”?
place an X next to your choice

Hint: remember you can only select one
place a little **X** by the desire you wish to select
example: **X** I want to be a painter

4. Continue this process of prioritizing your desires until you have offset each desire against the other and have identified your ***Number One Heart's Desire over all others***

Your number one Heart's desire will be the desire you have selected over all others...

Hint: Your number one Heart's Desire will have the most **Xs** next to it. If you've answered from your Heart...

This is your number one desire!

“Trust the Wisdom of your Heart...
It will never fail you”
Susan M. Castle

Let's get even more clarity on what it is you really want

1. Circle your Number One Heart's Desire
2. Re-read your Number One Heart's Desire
3. Feel the feeling you have when you know this desire is already manifested

Hint:

To make this experience even more real for you, find a picture or object that best represents this feeling for you. Whatever that item, object or picture might be... find one that reminds you of this feeling. You may find it in a store, cut a picture out of a magazine or find that special something in Nature.

example: if your number one Heart's Desire is to be a painter then perhaps the feeling you may feel as you realize you are a painter is **joy** - joy to you may be a butterfly dancing on a summer's day find a picture of a butterfly fluttering on a summer day or go to the craft store and find a replica of a butterfly and buy it and place it somewhere where you can see it often and be reminded of the feeling daily

“Do not leave this life with your music still inside of you”
Dr. Wayne Dyer



Congratulations!

You are expressing the song of your Heart.

You are in touch with what is most important to You!

continue onto the next page to record your
Number One Heart's Desire

Opening My Heart To My Number One Heart's Desire

I now allow:

Picture or Imagine your desire already manifested...

What is the *feeling* you feel as you picture your desire already manifested?

As you close your eyes and feel this feeling... what do you see?

Allow this image to best represent your feeling of manifestation

Place your hand over your Heart and gently say to yourself

“And so it is”

Would you give up everything you own
for everything you want to Be?
Alan Cohen

Congratulations! You have just given yourself a wonderful gift... the **gift of clarity**. Clarity on what you **really** want... on what is *most important* to You in your life... Your Heart's deepest desire.

Let's do what I call a quick **Heart Check**.

1. Take a few deep breaths
2. Place your right hand over your Heart
3. Feel yourself shifting focus from your head to your Heart
4. Ask yourself

"Is my number one Heart's Desire authentically mine?"

"Is it the voice of my Heart?" "The song of my Soul?"

"Does my number one Heart's Desire feel like I've come home?"

5. If you answered yes to these questions then you are ready to journey on... if you can not answer yes then return to your top 10 desires list and select the desire that reflects the **longing in your Heart**

The desire that makes your **Heart Sing**

Focus on the desire of your Heart... this light
will guide you every step of the way

Did you notice anything interesting or surprising as you completed the Top 10 Exercise? Many people tell me that they are *surprised* when they complete this exercise. They are particularly surprised for two reasons. One, they are surprised to discover that when they are living life from their **number one Heart's desire** all other desires are easily satisfied.

Something magical happens when you live from your Heart... Your life becomes easier and your desires manifest. The things you want seem to all fall into place when you are manifesting from your highest priority, your deepest values.

People are also surprised to learn **the order** in which their desires fall on their top 10 list. Many discover that what they **really want** in life started out as a lesser priority, often number six or seven on their original list. In other words, when writing down their desires, most people's **number one desire** is listed as number 6 or 7 on their original top 10 list.

What does this really mean? It means that their **number one Heart's desire** has been placed on the back burner. Other things seem to be more important. Thus they ended up spending their valuable time and energy on priorities that were not *true* to their Heart's desires. No wonder their deepest desires have not manifested yet in their lives. They are spending all their time and energy on manifesting those things that are not of **most importance** to them.

You will be pleasantly surprised, as many others have, to discover all your **deepest desires** beginning to manifest... some beyond your wildest dreams. The key is clarity and focus... for what you focus on in life is what you create.

Let's Review

Secret # 2: Trust the Wisdom of Your Heart

Secret #2: The learning objectives from this section are:

1. To learn the benefits of living from your Heart
2. To understand the power of Infinite Intelligence
3. To understand the Wisdom of Your Heart and how to tap into this Wisdom daily
4. To learn the first step in Opening Your Heart To Abundance
* Identifying Your Heart's Number One Desire *
5. To identify your desires by Dream-Scaping and narrow them down to **one**
6. To learn the simple Heart Check process and how to use this in every major decision in your life
7. To learn the power of clarity and how it will lead you to the results you are seeking

Your daily assignment:

1. Practice some form of relaxation for at least 5 minutes
2. Breathe Life into your Number One Heart's Desire often

Each Evening:

1. Just before falling asleep... remind yourself of all you are grateful for in your life Today



Learning to Love Yourself Unconditionally...

Secret # 3

Discovering your own unconditional love



Adapt the beauty and peace of nature...
Her secret is patience

The Heart of Abundance

"In Dreams begin our possibilities"

William Shakespeare

The Heart is the **essence** of prosperity. It's element is air. It is through the breath into the Heart that we are able to manifest effortlessly and easily. Our mission or purpose in life comes from the Heart. It is here that our inner sense of direction merges with our values and core beliefs providing us with perfect balance.

Manifestation occurs when the Heart is open... open to both **give** and **to receive**.

Stop a moment and notice your breathing...

Notice how the breath flows in and out... as you inhale you take in all life... As you exhale you give back... participating in a never ending flow of life.

The Heart of prosperity involves an openness to receive all experiences. A willingness to accept all that life has to offer. All the good and all the bad. The willingness to receive begins with the basic belief that we are deserving of abundance.

In order to have abundance we must be able to embrace abundance and feel deserving of this abundance

An open Heart is a jewel to treasure and to share

Susan M. Castle

The Heart of Abundance means we are able to receive all of life and participate in all of life's treasures. Including our own beauty, money, love, friendships, and our life's purpose. The way in which we are able to do this is through an **Open Heart**.

The **open Heart** allows us to receive every experience in life, even pain, without blocking it or holding onto emotions to protect us. It is critical to be able to transform any experience, good or bad, and return to the natural state of flow.

The **open Heart** allows all experiences and feelings to flow, just as the breath flows. The Heart holds the space of nonjudgement... therefore, each experience in life becomes a gift of wisdom for us to receive. Amongst our darkest moments, our open Heart allows us to flow with the feelings, embrace them and release them. Once this process has occurred, we are open to allow the **gift of experience** to flow through us.

Allow Yourself to Receive

One of the best ways to **open the Heart** is to spend a few minutes in quiet meditation with the intention to **receive**. Begin each morning in quiet time dedicated to You. This will allow you to **receive** the energy of life, the energy of the breath. Once in a quiet state, you will then be able to receive the energy of your Heart's desires. Create your ideal day from this quiet space.

When we let go of expectation our destiny appears

Your Heart **knows** how to express it's **Essence**. It is the longings of your Heart that are calling you to evolve, to reach for more, to experience all of life and all of You. Your Heart holds the key to **Infinite Abundance**. All you need to do is listen, **Trust** and allow.

Part of being human is learning how to balance the head and the Heart. We can all relate to times in our daily lives when our heads and our Hearts have been tangled in a web we have woven, often feeling like confusion. Remember, you can untangle this web at any given moment in time by dwelling in your Heart.

All you need to do is **take a few deep breaths** and this will automatically cue your body to relax. Immediately the body will begin to loosen, ease and let go. This alone will allow a fresh outlook to move into your awareness. This is the beginning of getting in touch with your Heart, your **Truth**. For when you take a deep breath you are massaging the Heart, gently awakening its Wisdom and peaceful nature. A good question to ask is:

What do I know to be true?

Our life's purpose is something that finds us along the way...
it is the journey that leaves the clues

How does the Heart lead us to our life's purpose?

Our Life's Purpose

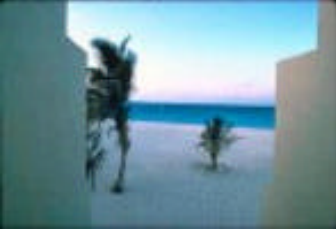
Our life's purpose is not something we make up or invent. It is something that **finds us** along our journey. It is born out of incubation and gestation. It is the consistent voice of our Heart that keeps whispering our **Dream** to us. It is our *inner calling* that is always with us.

Our **life's purpose** is always present through the golden thread we weave in our day to day lives. It is often born out of our struggles, our challenges, and our dis-eases. For the very energy which cripples us is the energy which leads us to our destiny. It takes **courage** to embrace our destiny.

Do you ever wonder what **your** life's purpose is? An empowering question to ask is "what has been my biggest lesson in this lifetime?" Or "If I had **just one** gift to share with the world - and only one - what would that gift be"?

This next exercise is a powerful one and I have labeled it "The Key to the Heart of Abundance". I invite you to participate in this exercise with great reverence to what it can and will do for you when you take the time to do it.

Enjoy!



The Million Dollar Appointment

What if you knew you had a million dollars on the table waiting to be yours. And all you needed to do was show up for the appointment.

Would you go? Would you get there on time? Would it be your finest hour?

I am here to remind you that you have a million dollar appointment on the table every morning **with Yourself**. That's right. Each morning upon awakening you have the opportunity to spend with yourself in quiet meditation.

Spending that time **with yourself** and energizing what is most important to you is worth a million dollars and then some. If you were to meet with yourself, each morning, for just 10 minutes and re-connected to your Heart's number one desire you would **have it** and more in far less time and with far less effort.

And if you were to have several million dollar minutes with yourself throughout your day your life would be unstoppable and your Heart would be overflowing with abundance.

Are you **ready** to learn the Million Dollar Morning Exercise?

The Million Dollar Appointment with Yourself

Upon awakening... before you even get out of bed...

1. Breathe life into your day
2. Begin to bring into your awareness your **number one desire**
3. Imagine this desire already manifested see it as **real** as you possibly can
4. Feel the **feeling** of your desire already manifested
5. Place your right hand over your Heart
6. Breathe into this feeling and **fully** embrace it
7. Allow an image to come to you to best represent this feeling - that your manifestation brings you
8. Gently say to yourself

“and so it is”

Trust and **Know** that you are the powerful creator of your reality and that your intention has been heard and is on its way

Do this several times throughout your day. Make sure at the end of your day you have spent **more time** energizing what you **truly want** rather than all the other details in your life that you don't like or want.

"Happiness isn't getting what you want...
It's experiencing who you are."
Stephen C. Paul

Breathing Life Into Your Heart's Desire

Energize what is most important to you. Remember, what you focus on is what you get in life.

Making your number one Heart's Desire **real** for you begins with **you**. **You are the creator of your life** and of your reality... No one else.

*...And what you focus on
is what you create in your life*

*When you focus on your Heart's Desires
they **will** manifest*

"Images are Alive"
Dr. Rod Newton

The Power of Using Images

Learning to communicate through **imagery** is a powerful tool. By learning to use imagery you will be creating the life you desire with far less effort and much greater success.

Imagery is a tool that goes far beyond just the mind. The reason for this is because images speak directly to the subconscious mind and are the bridge between the body, mind and Spirit. Images have been said to be one of the truest forms of communication within our whole self. Images are real and they vibrate with the energy of life.

See Yourself Successful

Many successful people in all areas of life are using the power of imagery to create the life they want. The most obvious example is the athlete who uses imagery to score the touchdown or to make the basket. There is a technique called **imagine your success** (you will learn this technique a little later) that many world known athletes use prior to every game they play. This is a process where you actually see yourself a certain way, doing certain things. In this case the athlete sees himself, as if he were at the actual event, successful, making all the right moves and scoring the necessary points... all before the actual event takes place. He is seeing himself successful before the event, thus he is taking an active role in creating his future.

Confidence is nothing more that imagining your future and seeing yourself successful... It's called "believing in yourself"

Imagine Your Success In Advance Exercise

- 1.** Select an experience you want to go well

- 2.** Begin to visualize exactly how you want this experience to be seeing the experience and its complete outcome as you would like it to be

- 3.** Feel the *feeling* you have when this outcome is exactly the way you want it to be... breathe into this feeling... embrace this feeling allow this feeling to penetrate every cell in your body

- 4.** As you embrace this feeling, allow an Image to come into your awareness that best represents the feeling of your ideal outcome

- 5.** Place your right hand over your Heart and Breathe into this Image and once again feel the feeling of your success and gently say to yourself

"And so it is"

- 6.** Release it
Trust and Know that you are the powerful creator of your reality and that in this moment you've done all you need to do... now is the time to surrender to Trust

The Heart Collage

This is a great practical exercise you can do to tap into your intuition.... your inner wisdom and get in touch with your Heart's Vision.

I was given this exercise to do 15 years ago when I met with a Career Counselor. I was unhappy at my job and knew I wanted more out of life. I remember receiving an unusual assignment from her. She instructed me to go home and take a night off and make a collage. The only instructions I was given was to have fun, don't think about it, and just let my mind go.

I followed her instructions, not knowing why, and put together my first collage. I then brought it in with me to our next appointment and we discussed it briefly. She told me to hold onto this collage and put it in a safe place.

I followed her advice and filed it away in a safe place. So safe I never saw it until... 6 years later. It had followed me through 3 moves and into my new home. I was unpacking a box in my new home when I found an old, dusty large cardboard folded into fourths. I thought to myself... What is this? I gently opened up the cardboard and took a few moments to glance at this interesting creation... WOW! I had to sit down! Looking at this brought tears to my eyes.

My life had unfolded ***exactly*** how I had expressed it on my cardboard. All the way down to the large white sailboat with a blue stripe I had glued on the bottom right hand corner of my poster board. I even had placed a picture of dolphins on my cardboard...not knowing that years later I would learn to swim with them in the ocean. This was a living testimonial for me in understanding the power of imagery and how ***we truly do create our reality***. I had created my life just how I had envisioned... And I had used images to do it!

“Imagery is one of the most powerful languages of the body”
BellaRuth Naperstek

It is now 12 years since I have made my original collage and I still have it in a safe place. I bring it with me to every seminar I teach to reinforce the belief that ***we do create our reality.***

I have since made several more collages and always have fun watching my life unfold according to the images that are represented on my poster board.

Because imagery is so powerful in manifesting, I have included instructions on how you can create a collage for yourself. This is a fun and powerful exercise in creating the life your Heart longs for. Treasure your collage, as it is a reflection of You, **the authentic You.** It is your partner in ***co-creating*** the life you desire

An Example of A Collage



How To Make The Heart Collage

*a powerful tool to use in
manifesting your Heart's Vision*

you will need

large piece of cardboard,
glue, scissors, lots of magazines

Step 1: Mark Your Calendar

Choose an evening where you can dedicate a few hours to play
Put on your favorite music

Step 2: Communicating With Images

Allow yourself to begin looking through the magazines and cut out those pictures that speak to you

hint: let your intuition...your inner guide
select the images and words that interest you.

Select images and words that speak to you. You need not know why they speak to you or even what they mean. And most importantly, you need not know HOW you will ever get them or become them. Just let your intuition guide you and have Fun!

Step 3: Applying Images To Paper

Begin pasting your words and images onto your cardboard. No particular order... just however you feel like doing this.

Step 4: Finding a Safe Place

Once you have pasted all your treasures on your board, place this in a safe place. A place where you can have access to it every once in a while... and ***watch your life unfold!!!***

Step 5: Watch Your Life Unfold

Some people like to place their collage in a place where they can see it everyday... like hanging on their bedroom wall or inside their closet. It doesn't really matter where you tuck it in just as long as it is a safe place where it won't get damaged or misplaced.

Your collage is a ***sacred form of communication*** between you and your Higher Self. It's ok to keep it to yourself if that feels right for you.

“Feelings buried alive never die”
Karol K. Truman



Keeping A Journal

Journaling is a powerful way to communicate with yourself. Journaling gives a voice to your feelings. The expression of feelings is a key element in living from your Heart's Vision. Feelings that are freely expressed are easily released, allowing for a state of natural flow to occur. Feelings that remain unexpressed, build within our bodies and cause unhealthy pockets of stress and imbalance. A lifetime of unexpressed feelings often leads to physical dis-ease in the body.

Journaling is also an excellent tool to use in reviewing your daily life. As you record and re-read your journal entries your life begins to form a distinct picture. You begin to learn things about yourself and your life that were not in your awareness previously. Perhaps even specific patterns emerge which are helpful to see. Most importantly, you are able to see your progress as you move toward your goals and desires.

Journaling is also a wonderful method to getting in touch with your innate creativity. Innate creativity is not born of the mind but rather born of the spirit. Thus when we take a few moments to journal our thoughts and our feelings we often come up with some great ideas.

Do you have a question you have been trying to get an answer for? Are you stuck and trying to find a solution in order for something to work? Try this:

Ask yourself your question or present yourself with your problem and begin writing in your journal with your non-dominant hand. That's right, the hand you **do not** normally write with. This exercise allows you to express your thoughts and ideas from the creative part of your brain. Some even say that this exercise lets the little kid in you come out and have some fun.

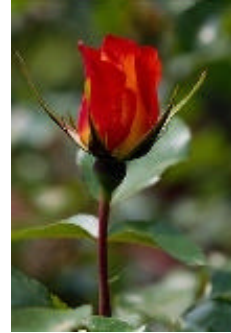
Notice as you write with your non-dominant hand that the judge or critic within you seems to have quieted down, (no need to judge your handwriting) maybe even taken a brief leave of absence. Do you feel a bit freer to write whatever you please? Do you notice a wave of creativity coming over you... a kid-like curiosity?

Take time to journal as often as you can. You may even want to keep a journal at the side of your bed for the times when you want to write down an interesting dream you may have had during the night. Or try keeping a gratitude journal... a collection of all that you are grateful for in your life. An excellent time to take assessment of all you are grateful for is at night time just before falling asleep.

Commitment

The Will To Do

Whatever It Takes



“Until you are committed, there is hesitancy... Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now.”

Johann Von Goethe

Commitment is remembering your Heart's Vision. When we take a moment to re-connect with our Heart and its Vision we feel a sense of vibrancy, excitement and warmth... a state of pureness, wholeness... a perfect moment of clarity. Imagine how good a feeling this is. You know what I mean, we've all had those moments.

Each time we re-connect to our **Heart's Vision** our world around us will reflect our intention. This is one of the most powerful lessons in life we can learn. If your life is not going the way you want it to go, take a look at what you are focusing on and how that makes you **feel**. Are you focusing on your **Heart's Vision** or are you caught up in the **conflicts** in your life. Remember, focusing on the conflicts in life causes them to persist.

*When you are committed whole-Heartedly,
you will get whole Hearted results!*

Let's look at **commitment**. Many of you may be wondering "Does it take more effort to be truly committed? No! It only takes more effort when we are committed **half-Heartedly**. In fact, half-Hearted commitment takes more effort and uses more of our energy than being 100% committed.

Until one is committed there is hesitancy, the chance to draw back,
always ineffectiveness... that the moment one definitely
commit oneself, then providence moves too
Johann Von Goethe

The reason you are able to manifest *effortlessly* when you are **whole - Heartedly committed** is because you are operating with a sense of **clarity**. When you are **clear** about what it is you want, and when this desire is coming from your **Core, Your Heart**, you will do whatever it takes to manifest your desire because its easy.

True whole-Hearted commitment is effortless, and requires no force or work... it just flows. So the secret then becomes identifying your number one Heart's Vision and **remaining focused** on this throughout your day. When the temptation arises to stray off this path and energize the conflict, take a moment to reconnect with your Heart. Do the quick **Heart Check** exercise to help you re-focus on what's most important to you and Keep your **Heart's Vision Alive**.

Just by doing the simple **Heart Check** exercise you are demonstrating commitment. You are doing what it takes! You will feel energized and you will see your life unfold the way you want.

The following exercise is designed to assist you in making a commitment to yourself and to your personal growth.

I have used this exercise many times to create wonderful results for myself. I find that making a commitment to myself gives me renewed **self confidence** and I feel empowered. Many of my clients as well as people that have been through our seminars also find that it keeps them on track and gives them a sense of purpose and direction.



The Gift of Commitment

Making a personal ***commitment to yourself*** is a wonderful gift to give yourself. By making a commitment with yourself you are making a powerful statement of intention. The intention to support yourself in creating the life of your deepest desires.

I, _____, declare my intention to make it a daily priority to live from my Heart's Vision. I agree to fully participate each day in the following exercises in order to create the life I desire.

- ◆ take 10 minutes each day to quiet my mind and listen to my intuition
- ◆ energize my number one Heart's desire each morning
- ◆ re-connect to my Heart's Vision throughout my day
- ◆ celebrate all my successes... especially the little ones along the way
- ◆ keep a journal and express my feelings
- ◆ honor the journey as the reward
- ◆ end my day in gratitude
- ◆ dare to live my dream

My signature _____ Today's date _____

90 % of our thoughts are the same thoughts
from the day before

I learned once at a seminar that 90 percent of our thoughts are variations of the **same thoughts** from the day before. WOW! Now if these thoughts were consistently focused on our **Heart's Vision** we would be living the life of our Dreams. However, we tend to focus on what worries us, our conflicts in life. Therefore, we are missing this window of opportunity. We are missing the easiest means to manifesting all that we want in our lives.

Living from the vision of Your Heart is very powerful. It requires one very important process - **FEELING YOUR FEELINGS**. Often when we experience feelings such as fear, anxiety, stress or self doubt, we run away from these feelings by not dealing with them. Do you ever notice yourself doing this?

Perhaps you have just been yelled at by your boss. On the way home that evening you stop off for a drink, or an ice cream sundae, or as soon as you get home you turn on the television to "forget your bad day". Really, what you are doing is "forgetting" your feelings. Numbing yourself with an external source so you do not have to **feel your feelings**.

"Feelings buried alive never die"

Carol Klineman

A lifetime of **forgetting to feel** adds up and leads us to find external sources to ease our pain and numb our feelings even more. Hence, addictions are born. Remember, **like attracts like**. If your Heart is full of buried hurts, rejections, or pain, then you are secretly attracting that to you in your life.

"Fear is our greatest teacher"
Paul Bauer

So, doing whatever it takes means ***feeling your feelings***. Don't run from them, walk through your feelings. They are the way out of the viscous cycle we have placed ourselves in.

Fear often is a form of resistance. A resistance to feeling our ***core feelings***. A resistance to a perceived danger or potential stressful situation. Fear however, is very much a part of being human. It may seem like fear gets in our way, preventing us from getting what we really want and keeping us from growing.

Fear is an opportunity for growth

Fear does not get in our way, ***fear is our way***. Understanding and embracing our fear is the key to personal growth. When we try to get rid of our fears by ignoring them or talking ourselves out of them, they only persist with even greater intensity.

**As your resistance to fear decreases
so too does the fear**

Fear... an opportunity to heal and grow



The art of
gently
releasing
fear

The Heart of the Matter Technique

An exercise to assist you in
Re-connecting to Your Heart's Vision

1. Step back

Stop what you are involved in doing
Take a step back

2. Breathe

Take a nice deep breath in
and let it out... letting go of any conflict

3. Touch Your Heart

Place your right hand over your Heart
and feel a sense of calmness

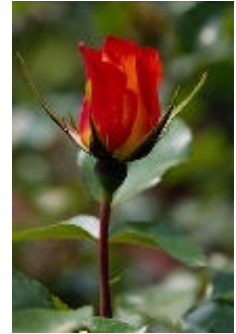
4. Affirm

What is my Heart's Vision
What do I *really want* in this moment

5. Choose

Choose what will support your **Heart's Vision** - not the
conflict

Discovering Your Intuition



"The really valuable thing is intuition"
Albert Einstein

You have, deep within you, a place where inner wisdom abounds. A wisdom so true that it will never fail you. A wisdom known as **intuition**.

Intuition is a deep inner knowing... a knowing without knowing how you know. We all have the ability to be intuitive. It's not a question of "Am I intuitive"?, but more a question of "Do I listen and trust my intuition"?

How does one learn to hear the intuition we all receive on a daily basis?

The answer is by quieting our busy minds. Intuition is best heard in the stillness of the moment, in the **space between our thoughts**, when the mind lets go and surrenders to the peacefulness of the **present moment**.

Intuition speaks to us in many different ways. Intuition can communicate to us through words, images, colors, feelings, a hunch and even through our dreams. Sometimes intuition comes to us immediately and other times it evolves over time.

“It is always with excitement that I wake up in the morning, wondering what my intuition will toss up to me, like gifts from the sea. I work with it, I rely on it... it’s my partner.”
Jonas Salk

Each one of us is intuitive

Intuitive information comes to us in many different ways. It may come in a dream, a hunch, a flash, a chance meeting, or even gradually over a period of years. Intuition is an unmistakable **knowing**.

Guided Imagery and **meditation** are excellent ways to access your intuition. In fact, by quieting our busy mind, we can clearly hear our **intuition**.

“Adopt the Peace of Nature,
her Secret is patience”
Ralph Waldo Emerson



You can experience *your intuition* by
quieting your mind,
and listening to your Heart



Opening to all your senses is the first step in getting in touch with your **intuition**. You have already experienced this in your life. Intuition speaks to you when you make a left hand turn instead of a right and find that parking space right next to the door.

Your intuitive Heart may have guided you to call a friend today as she tells you she was feeling really down and needed a cheerful call from you.

Perhaps your intuitive hands found just the right spot to massage on your spouses neck.

These are all ways in which your intuition speaks to you. When you open yourself to your own internal senses, your body begins to send you valuable information. This intuitive information is never wrong. **It will never fail you.** Therefore, we must develop a comfortable means of **trusting** the information we receive.

Opening to your intuition begins with **the breath**. The following exercise will teach you how to relax into your breath. Breathing is the first step in de-stressing the body and quieting the mind. Begin each meditative exercise with breathing deeply.

The Breath

1. Find a comfortable spot to sit where you will not be disturbed
2. Close your eyes
3. Begin to focus on your breath... noticing as it gently rises... and falls

Peace of Mind is a treasure that money can not buy...
Like any great treasure, it is found by taking a journey



Take a **walk in nature**, allow yourself to fully enjoy all that you see, hear and smell. Allow your mind to let go and focus on how quiet nature really is. Ask a question, something you wish to receive an answer to and just **listen** as you walk.



Breathe deeply... as you take a deep, cleansing breath in, allow yourself to release the tension and stress from your body as you exhale. Focus your attention on your Heart as you begin to listen to it's rhythmic beat. Imagine your attention moving out of your head, your mind, and into your heart. Ask your Heart what it wants for you.



Listen to calming, relaxing **music** such as ocean waves, babbling brooks, nature sounds or music for meditation. Be sure to find a quiet place where you won't be disturbed to do this. Allow yourself to get lost in the music, relax into the sounds and imagine you are **drifting into nature** as you feel more and more relaxed. Allow yourself to journey.



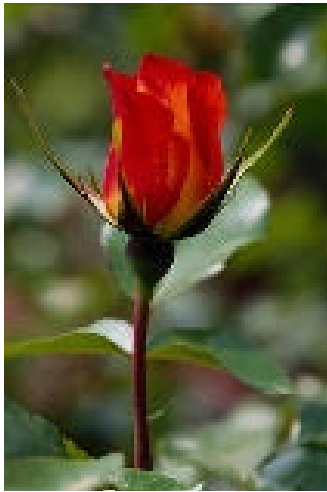
Journal your thoughts, your feelings, your experiences and even your dreams. Journaling is a wonderful way to get in touch with your intuition - your inner wisdom. Ask a question and then begin to journal and see what you begin to write. Journaling is especially helpful to do after you quiet your mind, before your thoughts begin to fill your head. When you awaken in the morning and remember a dream, **journal your dream**. This is a powerful way to link into your intuition... for your intuition speaks to you in your dreams.



Trust your **inner knowing**, your gut feelings. These feelings will never fail you. This is your intuition.

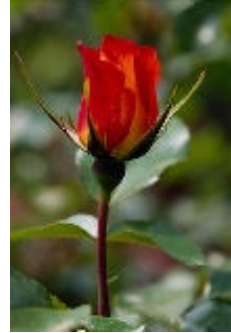


Utilize resources that help you get in touch with your **inner wisdom**. For example, take a yoga class, learn how to meditate, treat yourself to a relaxing body massage. These are all resources which can help you get in touch with that deep part of you known as **Your Intuition**.



Believing in Yourself

Believing In Yourself



Believing in yourself is an inside job

Believing in yourself is the greatest gift you can give yourself. To believe in yourself means to have an inner sense of **self confidence**. This self confidence comes from the place deep within... your Higher Self... where there is no judgement, no criticism... only pure **unconditional acceptance** and **love**. This place is found deep within your Heart.

The **unconditional acceptance** of your Heart can accomplish any goal, and inspire the manifestation of any dream... no matter what.

“Surrender is the tenderest impulse of the Heart”
Deepak Chopra

Surrender is the art of **letting go**... an allowance of Spirit to be your guide. Letting go allows creative energy to enter into the picture. Surrender is the faith that the Heart can accomplish anything. Surrender is required in order to move into the flow of life and to find our path.

The art of surrender requires a deep **intimacy with life**. It is our opportunity to live in the moment, the pivotal point between the past and the future. The point of **pure manifestation**.

Surrender can often feel like an uncomfortable concept. One of the reasons surrender can feel uncomfortable to us is because the ego does not want to let go of what is familiar. The ego believes in *holding on* in order to maintain balance and feel in control.

The truth of the matter is that when we surrender we **are** in a state of control. It just doesn't feel that way to the ego. We are most in control when we surrender... because we are in the hands of the Divine, free of our ego.

Try this as an interesting experiment. Next time you feel like holding onto an old belief or pattern of behavior... practice surrender.

“Every time you are tempted to react in the same old way
ask if you want to be a prisoner of the past or a
pioneer of the future”

Deepak Chopra

The things we need to let go of the most are the things we so desperately hang on to. Fear, anger, defenses, all appear as rescuing us from danger or potential harm (and sometimes they do). However, the truth is that often they serve to keep us closed off from ourselves and others... and from our **life's dream**.

Letting go is not always easy. It is a choice no doubt, however, there are times when we all resort to poor choices, or familiar patterns of behavior. What can you do when you are experiencing fear, or stress? anger

Breathe...

Automatically your body will respond. It will begin to relax. After a few deep breaths, practice your **Heart of the Matter technique**. To refresh your memory let's review the steps.

The Heart of the Matter Technique

Stop Stop what you are doing... Take a deep breath... and Step back

Notice Notice... just observe what is going on... get in touch with your feelings related to this experience

Ask “What does my Heart want most for me in this moment?”

Choose To Focus on Your Heart's Vision

"Each one of us has the resources within ourselves to heal, to create
and to manifest all that we desire."
Deepak Chopra

Understanding the gift in every experience

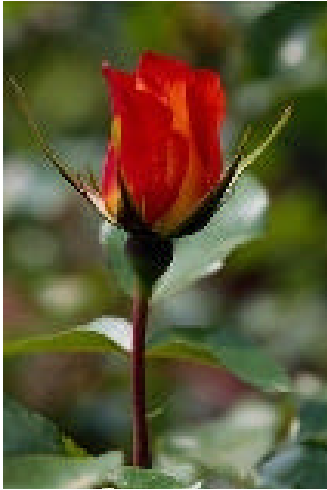


Sometimes life goes pretty smoothly and sometimes it doesn't. Problems come up in our lives. These so called problems are actually gifts. They are gifts because they bring us the opportunity to grow. Problems gift us with the opportunity to evolve to a higher awareness... a higher evolution.

When we can see the positive intent or underlying purpose behind all that happens in our lives we can begin to face our so called problems with greater ease. Facing our problems allows us to process through them and grow.

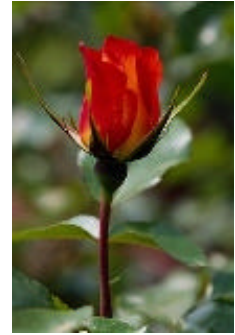
Learning from our experiences in life serves to guide us to higher levels of transformation. Problems are not a form of punishment for something we have done wrong. Problems are an **opportunity** for **growth** and **evolution**.





The Art of Loving Yourself unconditionally

Learning To Love Yourself Unconditionally



Learning to love yourself, unconditionally, is a life long journey. It is a process whereby we slowly awaken to the **deepening of our own self love**. The more we deny ourselves this wonderful gift of self love, the more pain we feel.

When we choose to live a life other than from our Heart we are denying ourselves love. When we have the courage to express our Heart's deepest longing, share the gift we are here to share, we experience unconditional self love. The joy that is felt from expressing the longings of our Heart is **profound**. It truly feels like a return **"home"** after a long, lonely journey.

I want to share a story with you that was told to me by a dear friend and spiritual cardiologist. It is a story about the **Human Heart**.

*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.***

“We have something within us that is greater than we are”
Carleton Whitehead

Why is this so significant you may be wondering? It is significant because the very nature of the Human Heart is to nourish itself first... so to be able to nourish the rest of the body adequately.

The Human Heart gives itself life first

Think of the significance of this. When we nourish ourselves with our own self love **first**, we have that much more to nourish others with. When we withhold our own self love from ourselves, we miss out on the richest expression of all... **the expression of love.**

We are here on this earth to learn lessons of love. The Heart is the bridge between our humanness and our Divineness. The Heart holds the secret to life itself... **Love.**

One of the ways we block our own unconditional love is by the shields or guards we have placed around our Heart caused by a lifetime of hurts and pain. We experience pain through various forms of rejection, abandonment, and messages of unworthiness. This pain builds upon itself over the years, and begins to form a tightly held shield around our Heart. As the Heart tightens in an attempt to protect itself from further pain, we cut off our ability to **feel Love.**

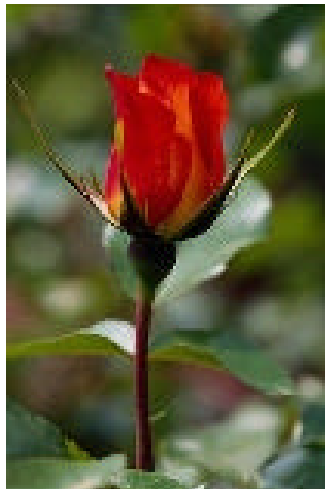
One of the greatest gifts you can give yourself and others is to gently release these feelings of pain and hurt. As you do so, your Heart begins to **soften** and **expand** and you are able to feel more Love in your Heart. The shields and guard placed around your Heart begin to melt. The entire body relaxes and returns to its natural state of **balance** and **harmony.**

“The only true need anyone has is to be seen as real”
Deepak Chopra

If you want to feel more Love, more Joy and more Peace in your life... then gift yourself with **letting go** of those emotions that no longer serve you well. We need to be stripped of what no longer serves us and be in the present moment of love - the Essence of who we are - that lives within our Heart.

The following meditation is excellent for gently **Opening Your Heart To Love** and **Abundance**. Gift yourself with a few moments of quietness to dwell in the beautiful space of pure unconditional love within your Heart.

There is no greater gift than feeling your own unconditional love.



Let's Review

Secret # 3: Learning to Love Yourself... Unconditionally

Secret #3 Objectives:

1. To learn the power of **whole Hearted commitment** and how it energizes you
2. To learn the importance of **feeling your feelings**
3. To learn that fear is an opportunity for **growth** and **evolution**
4. To learn the **Heart of the Matter** exercise and how to use it daily in your life to live from your Heart's Vision rather than Conflict and Fear

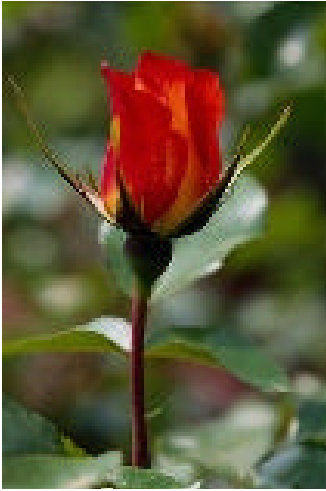
Your assignment is:

Daily

1. Practice some form of relaxation for at least 5 minutes
2. Energize your Number One Heart's Desire
3. Practice *the **Heart of the Matter Technique*** throughout your day
4. Make the **commitment to Yourself** to participate fully in creating your life the way you want it to be

Each Evening:

1. Just before falling asleep... remind yourself of all you are **grateful** for in your life Today



The Journey is the Reward

Secret # 4

Where ever I go... there I am

Opening Your Heart To Love

Meditation

Begin by finding a comfortable chair to sit in where you will not be disturbed.

As you begin to relax, close your eyes...

Take a nice deep cleansing breath in and as you exhale release all the tension and strain from your body.

Letting go with every breath.

Focus on your breath as it gently rises and falls...

Imagine now that your feet are sinking into the ground beneath you... sinking deeper and deeper into Mother Earth

As they sink your feet become large roots... just like the roots of an Oak Tree. Sinking deeper so that they reach the very Center of the Earth...

There is a large ball of healing red energy in the very Center of the Earth... find a special place for you to connect your roots onto this ball of healing Earth energy. Gently say to yourself ***“I am grounded to the Earth”***

Begin to visualize pulling this warm healing energy up through your roots into your feet...and feel this healing energy moving up into your ankles, your legs, thighs all the way into your torso, your spinal column and into your back, all the way up and around your shoulders and down into your Heart...

Allowing this warmth to gently open your Heart, softening and expanding.

Gently say to yourself... ***“My Heart is at peace, quiet and calm, I am relaxed”***

Know that you can return to this place of peace when ever you wish. It is ***Your Place of Peace*** deep within.

Note: This meditation is not meant to be used as a substitute for any medical or professional resources you are currently involved with. This is only a means to assist your current life program as an aid to relaxation.



The Opening Your Heart To Love Meditation you have just experienced is a wonderful journey into your authentic self... the real You.

I suggest you use this meditation daily... or at least several times per week. Initially you may not sense anything, however in time you will begin to sense the energy move into your Heart. You will feel your Heart expand and soften.

Your Heart will Open... and You will feel a renewed sense of Life.

*Go forth and live
the Vision of Your Heart*

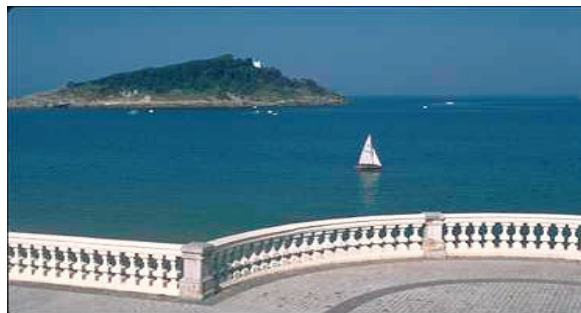
May you go forth, building castles in the air and **foundations** to **support** them. Go forth and live from the vision of your Heart... you will not only make your Heart sing but also others who come in contact with you and your Radiance.

Remember... the powerful words of Henry David Thoreau

“I learned this, at least by my experiment: that if you advance confidently in the direction of your dreams, and endeavor to live the life which you have imagined, you will meet with a success unexpected in common hours. You will put some things behind, will pass an invisible boundary; new, universal and more liberal laws will begin to establish themselves around and within you; or the old laws will be expanded, and interpreted in your favor in a more liberal sense, and you will live with the license of a higher order of beings.

In proportion as you simplify your life, the laws of the universe will appear less complex, and solitude will not be solitude, nor poverty poverty, nor weakness weakness. If you have built castles in the air, your work need not be lost, that is what they should be. Now put foundations under them.”

Henry David Thoreau



Let's Review

Secret 4: The Journey is the Reward

Secret #4 Objectives:

1. To learn the power of ***loving yourself unconditionally***
2. To understand the nature of ***the human Heart*** and how it's very nature is to nourish itself first
3. To learn the powerful ***Opening Your Heart To Love Meditation*** and how living with an open Heart helps to Manifest all you seek in your life

Your assignment is:

Daily

1. Practice some form of relaxation for at least 5 minutes
2. Energize your Number One Heart's Desire with your ***Early Morning Exercise***
3. Gift yourself with the ***Opening Your Heart To Love meditation*** and feel your own radiance flowing from your Heart

Each Evening:

1. Just before falling asleep... remind yourself of all you are ***grateful*** for in your life Today

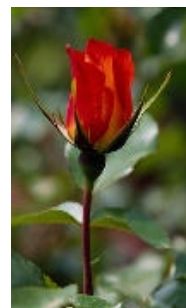
Where Do I Go From Here?

- ◆ “The Journey Is The Reward” Zen Proverb
Make the ***commitment*** to continue to journey inward
This is a Life Long Process
- ◆ Practice some form of meditation/relaxation daily
Quiet your mind
- ◆ Always ***trust*** the Wisdom of Your Heart
It will never fail you
- ◆ Keep your ***Million Dollar Appointment*** with yourself each morning
- ◆ Ask “What is the ***gift*** or lesson in this experience?”
“What can I learn?”
- ◆ Use the ***Heart of the Matter*** exercise to ease conflict and stay focused on what you want
- ◆ Each night before you fall asleep
State three things you are ***grateful*** for
- ◆ Keep a Journal
- ◆ Practice The Opening Your Heart To Love Meditation
Remind yourself that You are a radiant being filled with Light and Love
- ◆ Allow Yourself to fulfill at least One of Your ***Life’s Passions***

“The greatest gift you give the Universe is being who you really are.”

Stephen Paul

About The Author



Susan M. Castle is an internationally recognized seminar leader, a gifted teacher, an author and a spiritually based health care practitioner. Susan developed a technique she calls **The Essence Method** which helps people release unwanted emotions and manifest abundance from their Heart.

The Essence Method focuses on the Heart as the bridge between the Mind, Body and Soul. This specialized work teaches others how to release stuck emotions and any blocks preventing the manifestation of their Heart's desires. Once those blocks are released, manifesting from the Heart is easy.

Several years ago, Susan's number one Heart's Desire was to guide people on week long retreats to re-vitalize their Spirit. Today Susan actively lives her Dream as she joyfully guides others on amazing retreats in the Paradise of Hawaii. One of Susan's favorite activities is to guides her retreat guests in swimming with dolphins. An experience that is sure to open your Heart to profound joy.

Susan's passion for her Heart work comes from her own personal experience in embracing the wisdom of **her** Heart. Over 10 years ago Susan was diagnosed with Mitral Valve Prolapse (MVP), a condition of the Heart where one of the valves closes off slightly. A condition she developed by harboring stuck emotions.

By releasing old hurts and stuck emotions, Susan was able to reverse her Mitral Valve Prolapse and now lives a healthy, happy and deeply fulfilled life.



Susan M. Castle
OTR/L, RHT, CHT

Founder of
The
Essence Method

Master Trainer
Living From Vision
Occupational Therapist,
Radiant Heart Therapist,
Reiki Master

Dear Friend,

*I want to personally thank you for
journeying with me and allowing me to be a
resource in your life.*

*May You create the Desires of Your Heart
and live the life you deserve to live.*

*I wish you all that you desire in this life
and all the passion, joy and happiness that
your Heart may feel.*

Much love from my Heart,

Susan