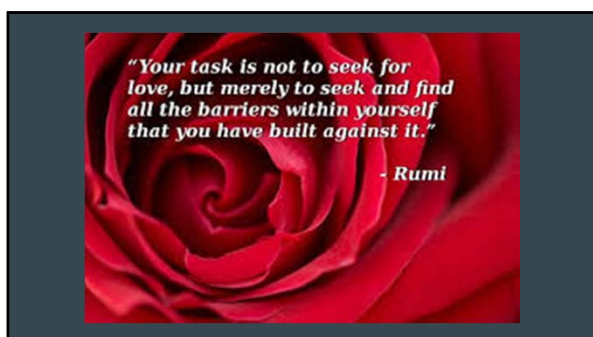




CREATION IS READY
TO SERVE YOU,
IF YOU JUST
BE YOU.
-YOGI BULIAN

In today's talk we're going to explore some new concepts relating to your heart.

- It's connection to the physical world and beyond.
- Concept: Seen and Unseen
- Concept: Why Now!
- Communication
- Principle: Alignment
- Principle: Connection
- Method: Sacred Languages -Music of the Soul





**Biology of the Heart vs Emotional
Heart.**

Your is the size of your fist

Blood circulation to the body

Endocrine Balance

Your heart beats:

60 - 80 beats/ min

100,000 beats/day

3 Billion/ lifetime



Spiritual Heart

"The Heart is the entry point of spirit into matter."

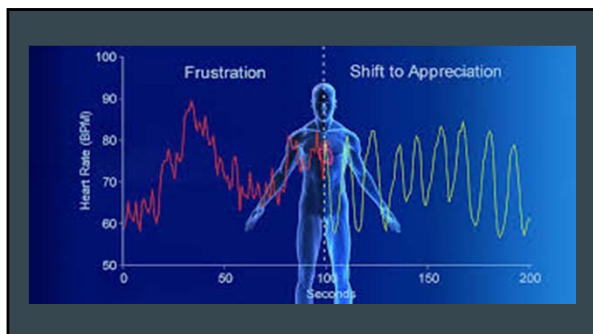
Howard Martin - Heartmath Institute

Ability to Feel this world and unseen

EH Bridge our spiritual and physical experiences.

Our EH also bridges our experience between the lower 3 chakras (outer world) to the upper 3 chakras (inner world)

90% of all our pain and suffering is due to emotional pain manifesting in our physical bodies.



Why NOW?

Our world is moving so fast we need to slow down. Technology, Cell phones computers everything is moving at such a rate that our nervous systems cannot effectively keep up.

Parasympathetic Paradise

Our heart knows how to restore balance in our "fast-paced world" by doing our daily spiritual practices that connect us to our hearts.

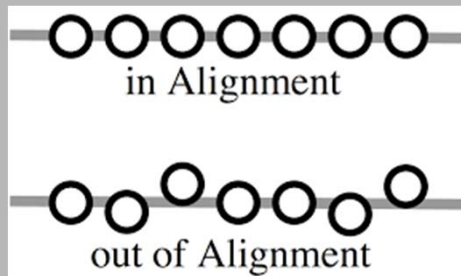
Daily Meditation Practice

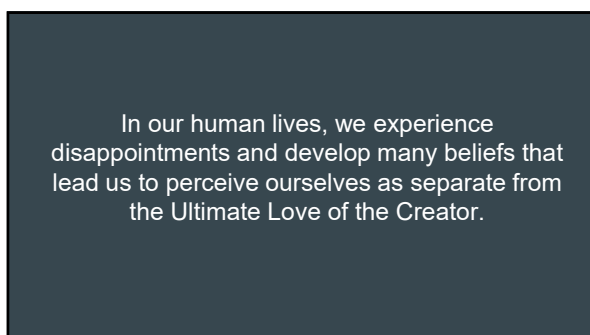
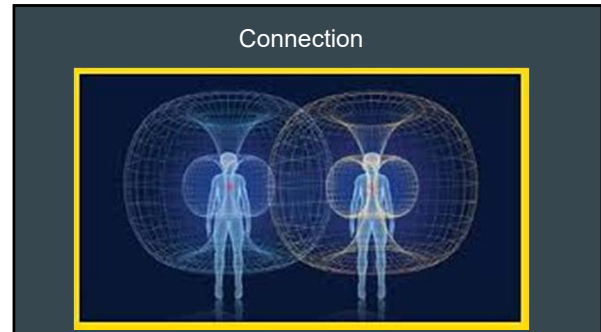
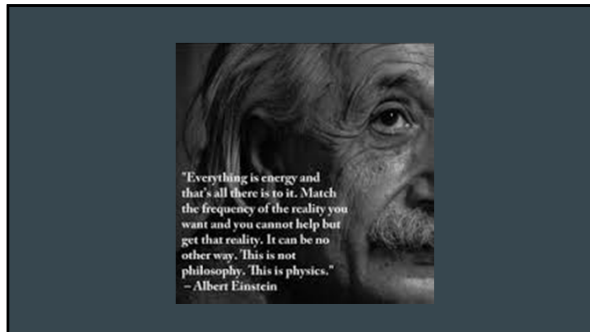
Sacred Sound Of OM The Sound Of Creation



The changes you experience in your inner
being influence how you experience life and
how you bring your gifts into the world.

I share this to illustrate that there are no limits
on the difference you can make in your life or
the lives of others. You don't need to be a
professional minister or healthcare provider or
mediator to be a changemaker or influence the
lives of those you care about.





Every heart yearns to return to a conscious
knowing of its subsistence in the Presence of
The One.

Sacred Languages

The Sacred Language is about the vast energy
that fuels you mentally, emotionally, and most
importantly, spiritually. It will guide you into
empowering your life individually and
collectively, allowing us to shape-shift our world
into vibrant health once again.

MEM HEY SHIN



MEDITATION

The power of this Name brings the energy
of healing at the deepest and most profound
level of my being, because I can now accept
full responsibility for my present condition,
and because I used my energy to concen-
trate on others who also need healing.

This is a time of recognition and
reconciliation of our own spirit. A time when
our human awareness is poised to
experience a more fulfilling connection to the
greater universe as we journey back to who
we really are. Oneness within ourselves
guides and produces oneness in our world.

