

The background of the image features a glowing, translucent human figure standing with arms slightly out. A brilliant white light emanates from the chest area, representing the heart. This central figure is superimposed on a dark blue background filled with numerous small, bright stars and larger, more complex celestial patterns. Overlaid on the entire scene are several concentric, glowing white circles that radiate from the heart area, creating a sense of energy and vibration. The overall aesthetic is futuristic and spiritual, suggesting a connection between the physical body and a larger, more energetic field.


Your Heart Is A Hologram For Your Body.

Dr. David Weinthal



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



***"Your task is not to seek for
love, but merely to seek and find
all the barriers within yourself
that you have built against it."***

- Rumi



Personal Story Of Transformation

seen  seen

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

Did You Know?



The earth's magnetic resonances vibrate at the same frequency as our heart rhythms and brain waves.

Spiritual Heart

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

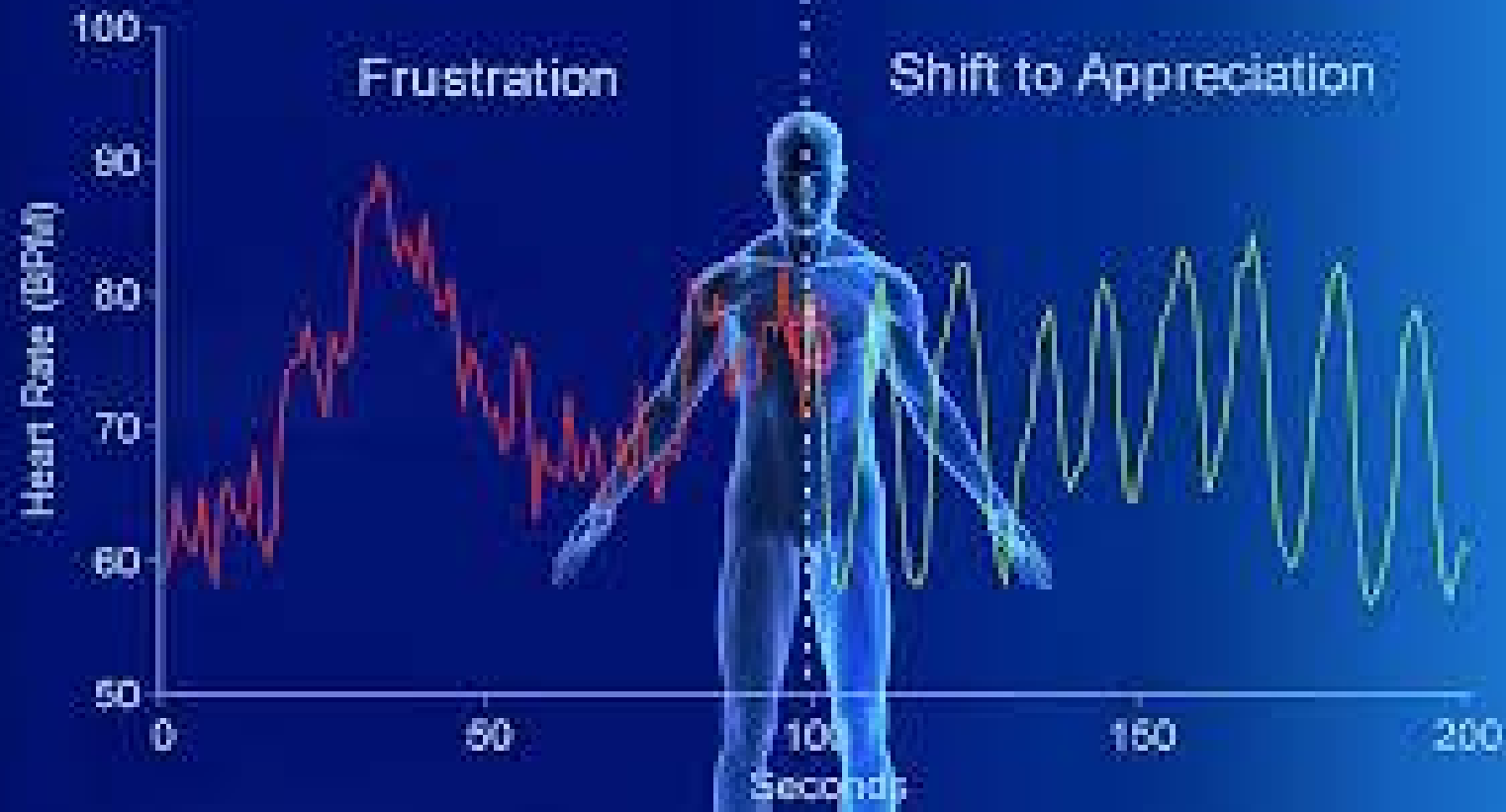
Howard Martin - Heartmath Institute

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.



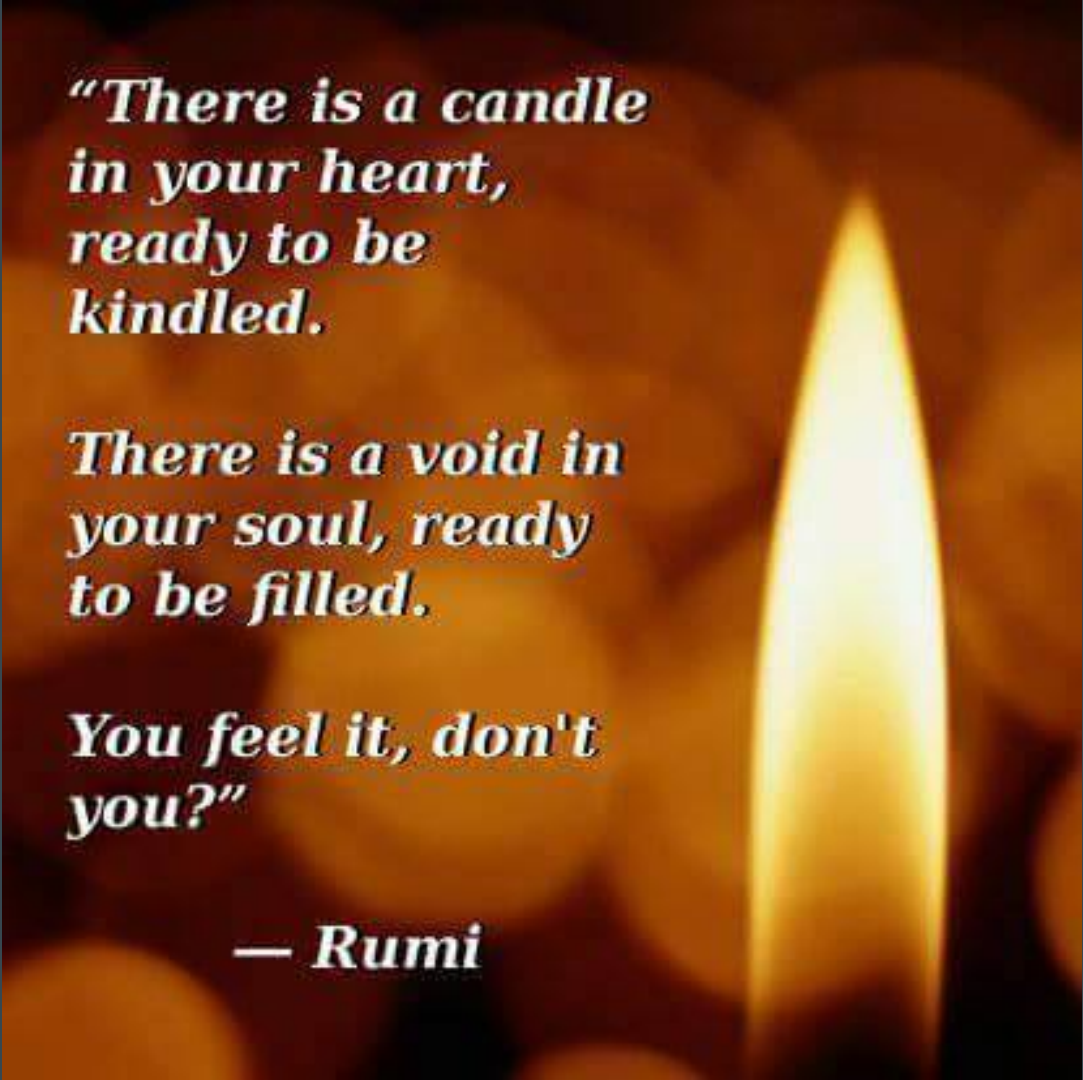
Why NOW?

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



***"There is a candle
in your heart,
ready to be
kindled.***

***There is a void in
your soul, ready
to be filled.***

***You feel it, don't
you?"***

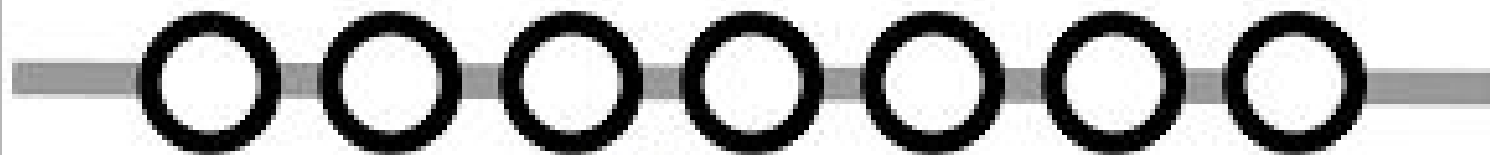
— Rumi

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.

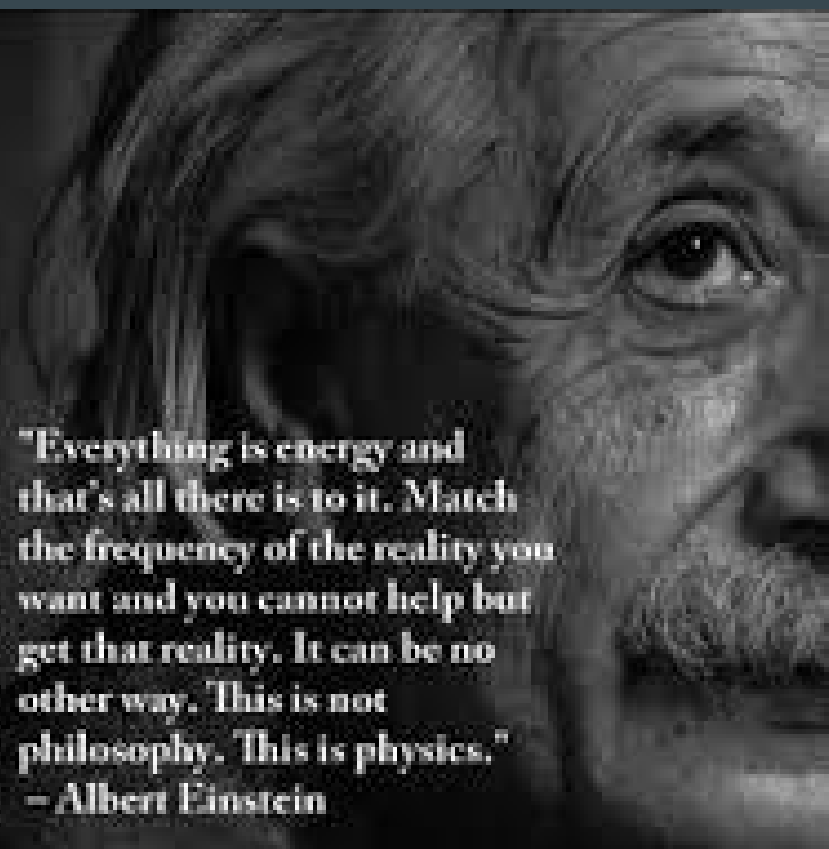
I share this to illustrate that there are no limits on the difference you can make in your life or the lives of others. You don't need to be a professional minister or healthcare provider or mediator to be a changemaker or influence the lives of those you care about.



in Alignment

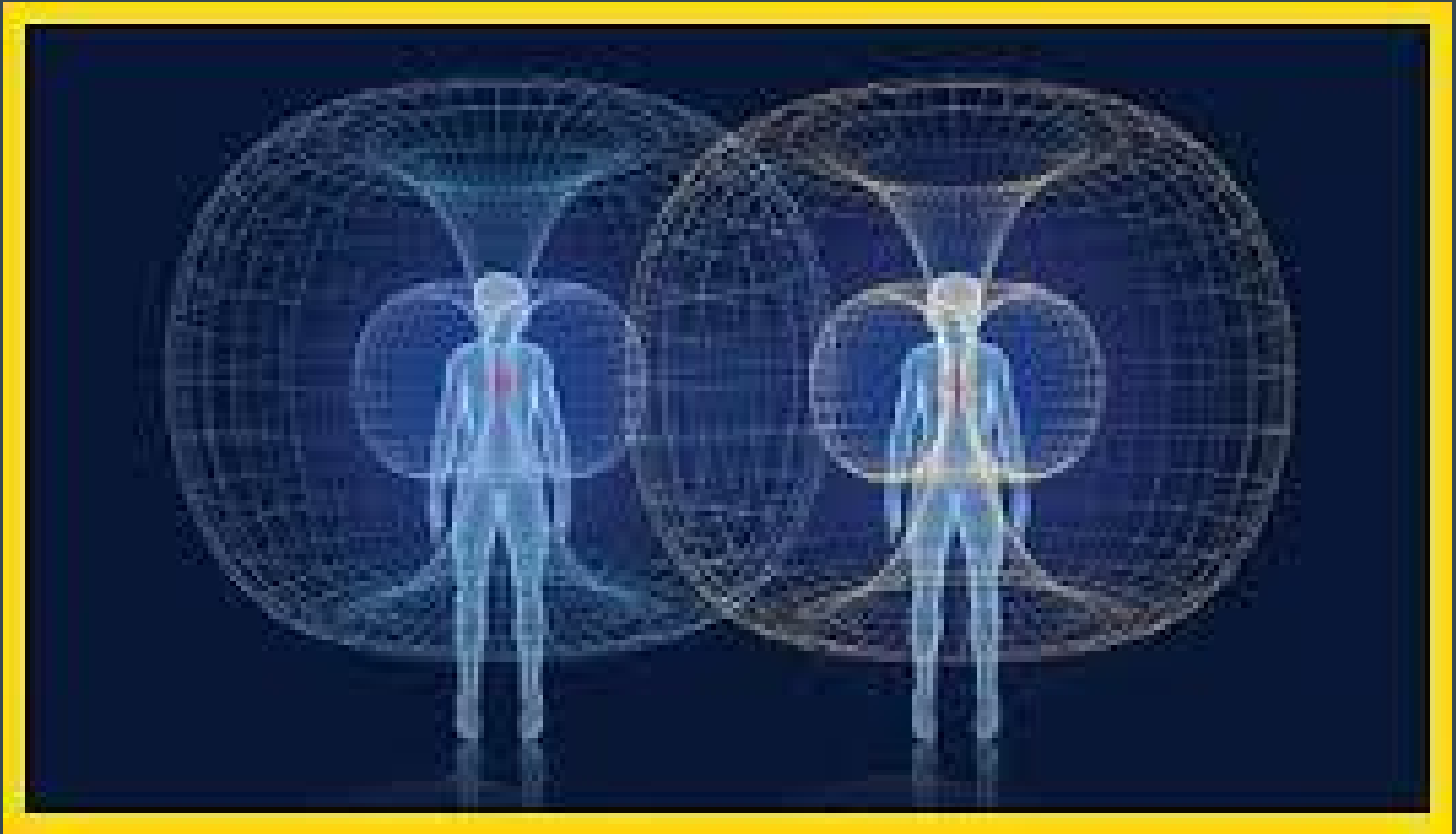


out of Alignment



"Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics."
- Albert Einstein

Connection



In our human lives, we experience disappointments and develop many beliefs that lead us to perceive ourselves as separate from the Ultimate Love of the Creator.



Oneness

When you look inside another's eyes
and all you see is yourself

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 concentrate 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.



SACRED GEOMETRY.

The language of Light.

DOCTOR DAVID
MOVEMENT, MEDITATION AND SPIRITUALITY