



“Hand-On-Heart”

A Movement

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Want to know how to find your truth?

Want to know how to connect on a level that allows you access to more than your logical mind can provide?

Close your eyes, focus on your 3rd eye space. Slow your thoughts and breathe.

Now put your hand on your heart.

Ask a question, and FEEL your answer.

Your first response is your truth.

This will not lie to you, this will not betray you , this will not hurt you.

This will always tell you the truth.

If your logical mind does not like that answer, it will then start to create chaos by way of sabotage, reasoning, rationalizing or trying to find another answer.

When we do not listen to our hearts, when it comes back later as a “lesson”. It is then that we get angry.

Bypass the logical mind and go straight to your SOUL, your higher self, your spirit. Go WITHIN.

Everything ONE needs is right there. It is time to create a relationship with your self.

Trust that. The more you do, the more it will assist you in creating flow WITH the Universe.

Listen to your own Soul and open up to receive.

