

Clear Mind/Open Heart Course Preview

with Susan Castle and Paul Bauer

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Thank you for your interest in our “Clear Mind/Open Heart” Course...

We're excited to share this preview with you...



Susan and Paul

Welcome...

Paul:

Welcome to our ***Clear Mind Open Heart*** Tele-Seminar and call tonight. This is a preview of a course that we are going to be teaching very soon that we want to give a **free sample** of and more than just that, we want to help you understand that you are more than just your mind. Here is a far greater part of you... With us tonight is my partner, ***Susan Castle***.

Susan:

Hello and I am so delighted to be here tonight and to share this time with each of you.

Paul:

Thank you, Susan. Because Susan has been one of my greatest teachers of the Heart and I really mean that and I say that from humility and I say that from a deeper place in me than I didn't used to know, at least consciously. **We all have this within us.** Right now as we are speaking, you all have the tools, you all have the wisdom.

Often times, though, the mind covers up that wisdom. It is very challenging sometimes to understand that and to step aside from what we think is, who we think we are and we think we are our problems and we think we are our past and there are so many things that we think is the problem but all those things are just memory. Susan is going to share a lot with us tonight in the second part of our call about memories.

During the first part of our call, what we are going to do is, if you are looking at your study guides there and if you don't have those study guides yet, please check your email and you can open it up. It is a two page study guide. It is very simple and yet it is very powerful to understand some of the points that we will be going through tonight.

What we will share with you tonight took us a combined almost fifteen to twenty years to learn this information. It doesn't have to take you anywhere near that long. The reason why is because there is only one problem and it took me probably the last, I would say almost ten years of my life to understand, not just the problem itself but how to make peace with that problem. How to tune in and align with that problem and stop looking at it as a problem and in time, that you see towards the end of the study guide, towards the end of our call tonight, that it is actually a benefit but it is hiding there under the surface waiting for your awakening, because it is the real you.

The *energy behind your problem* is the real you; the problem itself is just the memory. So the way we are going to start tonight is by tuning in to what about this thing we call problems in our lives and for that I am going to turn it to Susan

and what Susan is going to explain is what about this problem stuff, you know why do they keep happening?

Susan:

Well, I would like to begin by inviting you to open your Hearts to reconnecting tonight with the place within you that is very wise, the place within you that holds the profound peacefulness, and that place within you where manifesting is simple. So as you hold that invitation in your Heart that is what tonight, in part, is all about, is reconnecting yourself with that part of you that is very wise.

Paul and I are here to remind you that you have **all the resources within you** that you could ever need or want to create the life that you truly desire. So as you just hold that in your awareness, let's take a moment and think about something right now in your life that you perceive as a problem, something that is challenging for you, something that you would like to be different about yourself or your life and just allow yourself to bring this problem or this challenge into your awareness.

As you do so, if you have searched long and hard for the solution to this problem, if you have tried just about everything that you can think of to bring resolution to this problem and yet you seem to not be able to bring that resolution to this problem. It doesn't change. It seems to never get any better or any different and if you are beginning to maybe lose hope that this problem will ever change, that this challenge will ever shift...

Yet there is a part of you that doesn't want to give up. A part of you that, deep down inside holds the light that maybe, just maybe, there is an answer out there or in here. That there is a solution that will make the difference for you. If you can relate to any of that, then we are so glad that you are with us here tonight because we can help you. This call tonight and the work that Paul and I do is all about sharing with you and showing you the way to tap into the resources within yourself and to tap into those resources within you with confidence, with grace, and with ease.

Problems in our lives... what really is a problem?

So that is what this part of our time together tonight is all about. As we move into our evening together, let's take a look at, just for a moment, what actually, how we might begin to define a problem? First of all, we would like to share with you that problems in our lives, a problem is not you. It is simply something going on inside of you. This is very important to understand, **a problem is not you.**

It is something that you are experiencing inside of you. When you understand that your problem is something that you are experiencing on the inside of you,

you can begin to dis-identify from it. You are no longer a victim. You have full control and it is through the choices that you make.

You are not your problem...

This actually is one of the secrets to really feeling true freedom, is to realize you are not your problem and as we move along and understand problems in our lives, we begin to understand that there is really only two ways to ever solve a problem. We either engage in the problem, which involves our mind and is based on memory, and we are going to talk about that at length as we move along in our time together tonight, or the other way is to let it go and to trust in the inspiration of your Heart.

So there is really only ever two ways that we attempt to solve a problem from the mind or from the Heart and you are going to learn tonight that when we engage the Heart, when we invite the Heart to participate with us, the problem no longer exists and we are going to talk about that at length as we move along in our time together tonight.

So as we talk about the mind and the Heart, the integration of the mind and the Heart, and when we understand our problems on a deeper level, we understand that our problem or our challenge is already solved in our ***Pure Heart***. In other words, our problem or our challenge, it doesn't exist in this state of Pure Heart.

So we might wonder then, why do we suffer? Why do we, then, hold on? Why, then, do we jump back into the mind to try to solve our problems when the solutions can't be found in the mind, yet for many of us we continue to go there. We are understanding it is a choice and we often don't realize that we are making that choice moment to moment.

That is what you are going to learn on tonight's call. We make this choice moment to moment. We can choose to be in our Heart's inspiration. We can choose to be in a Pure Heart space and when we do that you are going to learn on this call tonight that it is a choice of taking good care of ourselves. That is a choice of inspiration, freedom, and opening of the Heart. It is a choice of honoring who you really are and honoring the Divinity or the Goddess that's in you.

We don't need to suffer or struggle. That's a loop that the mind keeps replaying. We are here tonight to reconnect you with the knowing that you deserve the freedom that lives deep within your Heart. So, we begin to understand that problems do not exist in our Heart space. So as I lay that ground work and set that promise for our time tonight, I am going to turn this back to you, Paul, to help us understand a couple of further distinctions of the mind and the Heart and what causes us to struggle and be stressed in our lives.

Paul:

Thank you, Susan. Right now think of a significant challenge in your life. Think of a problem. Let it come into your consciousness right now. Many of the times our problems are right there, top of mind. Ask yourself this question: how long has this problem been hanging around? How long has this been chasing me? How long have I been experiencing it? Get a sense of that.

Most of the time, these are recurring issues. In other words, there is a theme that runs through most of our problems and seldom do we have the awareness of finding out what is that thread or that theme that is running through to find out the problem over on the left, let's say if it is a relationship problem, and the problem over on the right, let's say that is a money problem or the problem dead center, which may be, let's say your health, that there is a string, a thread, a common element that runs through each and every one of them. Understanding what that thread is, is not easy for the mind.

As a matter of fact it is almost impossible for the mind to determine it. So it takes a sense of stepping back, as Susan has been saying, invoking your Heart consciousness, which really is there all the time, isn't it, when you really think about it and understanding that we seldom question the fact that we think that this issue is us. As Susan was alluding to before that we identify with those issues. In other words, at the identity level, who am I?

And, let's say for example, that the questions that you ask yourself are ones of, *"Why does this keep happening to me? Why do others get it and why don't I?"* In other words, *why do they get they good stuff and why don't I?* Whatever the questions are that run through your mind, is that inner speech that really determines the outcome. It is beyond affirmations. It's beneath the level of your awareness most of the time, but what are you saying underneath your breath to yourself all day long?

The Restless Mind...

So it is that **restless mind** as you have heard me talk about if you have been on our conference calls before. The chattering mind, the polarized mind I sometimes call it because what that mind does is it splits things into two and it cuts them up into good and bad, light and dark, have and have not, they have it and I don't, or even in the spiritual sense, God or me. Whatever you call God: source, creator, divine consciousness. The real key is to understand that your mind can't fix the problem, it can only begin the problem.

In other words, thinking of it from another way, your mind is literally creating the problems because the mind is a polarizing instrument. It only knows how to think

of issues, challenges, problems. It is a problem-creating instrument and it also enjoys problem resolution. But isn't that a little fatiguing at the end of the day?

You have been doing it most of the day and you get home and yet the mind is still in that mode. It is like the dog chasing its own tail; it is like that hamster on the wheel. The restless mind, it just keeps going and going. In this case it doesn't serve you any longer. At the level of choice that Susan was mentioning earlier, when you choose to turn on your Heart consciousness, there is simple things that you can do which we are going to be going into some of tonight but we are only going to have about 70 minutes to go through this so we can't share all of the techniques.

It is very simple to hear something or read something; it's a whole other thing to live it, to practice it, to have that thing become an unconscious habit rather than the other habits that are now ruling our lives and I mean in the negative sense.

The subconscious is a very powerful thing. That is one part of our mind. But the patterns that we are referring to tonight are the ones that actually cause us duress or stress.

The cost of stress...

So let's look at **Number 2** in the study guide and if you don't have it there, Number 2 reads, "**The Cost of Stress**," and if you don't have it please check your email because the study guide just came out in your email. Cost of stress. Look at these figures: 80% of Americans feel stressed or very stressed according to the New York Times. People with prolonged stress suffer increases in blood pressure equivalent to aging fifteen years.

Now I will tell you a little bit of a story in my own family about that. Some of you know about some of the history that I have been experiencing over these past three, four, five years. My brother passed away, my father passed away, and my best little pal, his name was Alex, my black Labrador Retriever, he also passed away, all within about one year. Yes, that was stressful. What I didn't realize what it was doing to me at the genetic level was it was actually aging me, not from the outside. That is very, very important to add.

This never happens from the outside. That is victim consciousness. For some reason my soul chose these experiences for me and I am going to share with you at the end of the call the "why."

Why these things happen. To the extent that you are ready, you will find out tonight if you... You have been probably already suspecting the why, but when you hear it we'll underscore it tonight and then you begin to look for the good in all and the negative experiences begin to be your teachers rather than your

detractor, rather than something that takes down your energy system. So you could read through some of those statistics there, but look at the last one that is bolded: what about the cost of living from your mind or the cost of neglecting your spirit?

One of our great teachers, it is actually, Susan has met him she has worked with him much more. His name is Dr. Paul Pearsall. He has a book called *The Heart's Code* and another book called "*Toxic Success*". He has coined a phrase called SDD. Not like ADD, similar in some ways, but it is SDD and it stands for *Spiritual Deficit Disorder*.

What that really means is that unknowingly, unwittingly, unconsciously we have become split from our own spirit and many of us are now chasing to get back to it but that is not what is going to do it. You can't strive to get back and connect it. It is actually so simple it defies the mind, that is the point.

Some of you may have seen the movie "The Peaceful Warrior." There is a part in the movie that Socrates tells Dan Millmans' character, and I am just going to do my best to paraphrase here, "Sometimes you have to lose your mind to come to your senses." I think that is almost the exact phrase. The first time I heard that it rang so true within me, I smiled. Think of that, sometimes you have to lose your mind in order to come back to who you really are. That is the point, my friend. That is what Susan was trying to share with us a little bit earlier and throughout the rest of the call those are the themes we are going to be working with here. If you had of told me about fifteen or twenty years ago, especially twenty years ago when I was in my corporate life, when I was working, trying to do stuff, you know, and chasing after stuff and setting goals and really doing that American dream stuff, which is a myth.

I think you suspect that probably by now, even if you are living outside the United States. There are some really good things we do as Americans and there are some things that we really don't do very good and one of those things is that we chase after the golden calf, the false idol, if you guys remember that from the "Ten Commandments." It is so easy for the mind to be seduced into thinking that getting something is going to make us happy, including the opposite of what you have. Let's say if you are not in good health, thinking that good health is going to do it for you. That unfortunately is not the case. It is the essence of your creation, the feeling of it that is the key.

The Restless Mind

So let's move on to **Number 3** in our study guide: **the restless mind**.

Probably one of my favorite topics. Didn't used to be but it is now because it is something that I understand how to harness that mind rather than how to try to

play not its victim so much, but be at its mercy. Sometimes do you feel that you are kind of exhausted by trying to figure things out?

Do you ever feel like even though you have put everything into something that you still feel disconnected? Susan was mentioning this at the beginning of the call, that no matter how many things that you have tried, no matter courses you have taken, no matter how many different things that you have done to fix the problem that it either only temporarily fixes it or that just when you think that everything is fine that it somehow just slips right back in again?

Then whatever you say to yourself on the inside, “Yep, got to face the music again,” “See, I guess I wasn’t that smart, I guess I’m really...,” and you fill in the blank. Whatever it is that you say to yourself is what is really driving your consciousness. It is that thing that is called inner speech. So on your study guide there is a little sentence there that says, “When the mind is restless, the Heart is...” and the word is ‘silenced.’

Sometime soon, Susan and I are going to be writing a book called *Restless Mind, Silenced Heart* or maybe our are just going to call it the title of this course that we are going to introducing next week called *Clear Mind Open Heart*, haven’t quite decided yet, but if you think that all you have to do is wonder about the trail that has been left behind you called your past, of the problems, the reactions, the circumstances and those happenings, all those times that you have believed that you were your problems, that you identified with them in other words, your Heart was silenced.

It didn't have a chance to speak.

It is like having a little kid whose been asking you, tugging at your pant leg or your dress, asking you for love, asking you to go out and play, asking you to “Let’s go do something fun,” and what happens when you tell a child no or when you just ignore the child? You know what happens on the inside. After a while that part begins to become listless; it actually stops trying. In some cases it goes into hopelessness. For some of us though, for me, it would turn into anger or “I’m going to get back out there,” you know? That comes from the Bauer side of me; that is the way my Dad was: get knocked down and get yourself back up again. That comes from the old sales background and the old, male Aries stuff.

A lot of us guys have that; a lot of gals have that too, it is not a bad trait. But to be working at that level, you know, constantly get motivated, constantly drinking coffee and getting focused and ultra-focused and super-focused, it is actually shutting our Hearts down.

People who feel anxious or depressed are two to three times more likely to develop high blood pressure than calmer, happy individuals...

If you look up in some of those statistics, one of them says that people who feel anxious or depressed are two to three times more likely to develop high blood pressure than calmer, happy individuals. Literally at your cardio-vascular level, if you have high cholesterol, if you have kidney issues, if you have diabetes, your body, your subconscious is trying to tell you something. Please listen to it. I have had my own challenges. Susan has had hers.

You know, once you cross that magical forty, suddenly we either say to yourself on the inside or something silly happens & where we say, "Oops, I guess I am getting..." and sometimes we fill the blank, "older." But it is possible to actually grow younger and the Heart is the source of that youth. You know this to be true. You know this deep down in your soul. It is how do we activate that Heart consciousness? It took me years. I happen to have had a good teacher around me. She is on the phone with us tonight. But not everybody had that standing at their side and literally being in the presence of unconditional love, no matter what happened you are okay, no matter how many things go bad, you are okay.

Can you imagine having that kind of essence next to you, for not just days or weeks but years? I used to be very hard driving. I used to be in that, "Yeah, I know how to do it. Boom. Bang. Zoom." You know, that is really great when you are in your twenties and thirties but it starts running out as time goes on. Your adrenal glands will only take you so far. They are not very big by the way. They sit on top of your kidneys. They are about the size of big lima beans. Your kidneys are about ten or twenty times the size of your adrenal gland, so they can't secrete enough adrenaline for you to keep going from that level.

Whenever you feel burned out, it is because you have been pushing too hard from you mind and I can say that from experience. That's not judgement. So in the study guide, you see that word 'problem,' it has an arrow next to it. The mind can't see through its own, and the word there is, 'filters.' So let's give you an example. Let's say that a person who has money issues and they have been thinking for years that there is not enough.

Let's say that you have got someone in your family that has plenty, or let's say that you have a friend that has plenty or you open up the paper one morning and it says, you know, that abundance is everywhere. There is a part of us that actually filters out that information for whatever reason. Believe it or not it has positive intent. It literally says, "I can't see that." It is almost like if you put on blinders or dark colored glasses that doesn't allow you to see that which is abundance. I know this sounds strange but it is the level of consciousness.

Scarcity...

The level of consciousness that creates "*not enough*" is scarcity. If you study Dr. David Hawkin's work, that is Level of Consciousness 60: *scarcity*. It's below

grief. Only lower than that would be apathy, guilt, and shame. Those are the only vibrations that are lower than scarcity. How can you shift from scarcity to abundance consciousness? There is one magical level that is the line that will tell you whether you are in lower vibrational consciousness or higher and that is when you begin to activate your Heart consciousness at LOC 200. If this is unfamiliar to you, that's okay. Just know that the moment that you tap into your Heart's wisdom... What is that?

What Is Heart Consciousness...?

You know, that is what I always ask Susan when we do calls like this, so I am going to turn back to you just for a second or two, Susan. How do you define what Heart consciousness is in layman's terms? In a way that people can understand? Because this is the way I have asked Susan for many years: What does it feel like? What does it look like? What does it taste like? You know, what is it like?

Susan:

Well, **Heart consciousness** is a way of being. It is a way of living. It is an experience of yourself connected to Source. So Heart consciousness is a way of being in the present moment. It is a way of being when you surrender and you are able to no longer over-rely on your mind or your brain. Heart consciousness is an awareness that there is a wiser, infinite, intelligence deep within you and that wisdom and intelligence lies deep within your Heart. It is an infinite Intelligence.

Paul:

So let me interrupt you for just a second, Susan, okay? Because all of us need the practical as well as the spiritual. So you have a friend sitting next to you, they are literally breaking down, emotionally, mentally, spiritually. What do you tell them in that instance when they are obviously running an old pattern, an old memory in their mind, aside from what sounds like warm new age terms.

Susan:

One of the first things that I would invite or ask that person to do is to take a deep breath and I might suggest that they place their hand over their Heart. That's something that I do in my every day life when I feel stressed or disconnected. I take a deep breath and I place my hand over my Heart because that calls me back to my Heart space and helps me remember that I am caught up in my head so just that very simple practical thing of taking a deep breath and putting my hand over my Heart is soothing for me. It is something that I have come to trust so that is one of the first things that I would invite that person to do.

Paul:

So let me ask you this, is that something that is just going to help them in that moment. How does it affect their business life? How does it affect their relationships? In other words, where the rubber hits the road, as my Dad used to say.

Susan:

Well, when you can take yourself out of the circle or the pattern that your mind is running, which usually your mind begins to run a pattern, an old memory, you know, familiar thought patterns in moments like that. When you can take yourself out of those moments, you are no longer identifying with the feelings that are going on within you. You are able to take a step back and be more objective, so the deep breaths and the placing the hand over the Heart, allows you to take that step back, allows you to take that brief moment and move out of your head and move into your Heart space which allows you to recognize that you have choice.

Paul:

So what happens if this reality though, that what I think is the problem doesn't go away, what do I do then?

Susan:

Well if that's the thought that you are having in that moment I would invite you to go back to your Heart because the loop... We can move right out of our Heart that fast, so this is the thing that is really actually fun to observe in ourselves. How many seconds pass by before we skip right back into that skipping record? So you take that deep breath and you put that hand over your Heart and you bring yourself into your Heart center and if your mind starts to go back and starts the skipping record again, you call yourself back to your Heart. You take another deep breath because the mind wants to fixate on what is familiar, we know that. The mind gravitates towards the familiar, towards the memories, what the mind knows, so we very gently invite the mind to quiet itself.

We invite the mind into the Heart space when we take that deep breath and put our hand over our Hearts and when you talk about practicality, you are more yourself in those moments than in any other moment when you are in your Heart space, your Heart center.

So you are able to make better decisions for yourself in those given moments, which absolutely affects the environment that you are in.

Paul:

Excellent, so there are times when, back in my corporate career, that I wish I had stuff like this, and I am not doing like a little show there, I really mean that. That I didn't know how... Well, first of all, I wasn't aware that my mind was running my patterns. That is really step Number 1: begin to question the conclusions, the

assumptions, you can call them beliefs but we may not understand that first, but if something shows up that is other than what you want, begin to question is this really real? You know, like my mind is saying that there is not enough, that it is saying that I have this terrible relationship problem or no one listens to me. Then step back from that, begin to notice that those are the words that are going through you.

No one is telling you those words, at least not after you have heard them the first time, if someone has said them to you. What I was sharing with one of my groups the other day, a mentoring group that I teach, is that you play God all day long. You literally are source and, think of it this way, that all those thoughts all day long that go through your mind, some fifty to sixty thousand are literally intention thoughts.

They're "intent statements": "Hey, this is going to work out okay," "Everything is fine," "Oh yeah, I worked on that little exercise that I found the other day and I worked on that and it should happen pretty soon," and then about two minutes later you are already counter-intending it. You are saying, "Well, I guess that is not going to happen," "Why isn't it here yet?"

Imagine trying to write those down and hearing what those words are and you are going to see with your own eyes what your reality creation really is. In the courses that we teach, in case some of you have been through some before, many of you have not been. We suggest people have their own journal to write down some of these things that go through their mind and after a while you begin to really understand your inner dialogue and you begin to hear yourself really speak.

Oh Lord, "I am the one that is creating this negative stuff." See, it feels really good when you say to yourself, "Wow, I am the one that created the good stuff," but what happens when you have to face the music and realize that you are also the one that's creating the bad stuff, including disease in the body. I don't mean that you intend to have bad hips or Heart disease or anything, that is the after effect, but what we are intending is to not feel good. We are intending at some level, and I mean primarily unconsciously, to feel like I have to step back from things; I need to withdraw.

After my Dad, brother and dog died, I withdrew. There were some days that I didn't want to get out of my house. Maybe some of you that have lost loved ones either physically or emotionally or both, you know what that feels like.

You feel like saying, "I just can't take it anymore," because your ego needs to kind of mend. It is not so much your Heart. Your Heart has this infinite capacity to be present. That is what the essence of Susan's work is and this is the first time that we are really formally bridging all of it together in this **Clear Mind Open Heart** course that we are launching next week that tonight is a preview of. Really

this is the fun, this is the magnum opus of the work that we do. We do this work live and in person, but not a lot of people can make our seminars so we are turning this into a home study course and you can listen to it via tele-seminar, as well at your own convenience, at your own pace.

But let's finish the restless mind up and then Susan is going to take us into some more of the really, really cool Heart stuff that I tell you, I have crossed over in terms of that left brain, you know over to that soft side and having done that, having made that decision, it has changed my life in every way and I say that with a lot of difference and respect. The last statement under the restless mind, Number 3 in your study guide is: a busy mind creates... You can write down the word "separateness."

Remember, the restless mind creates polarities. In other words, it creates a dualistic world in your experience: have and have not, rich and poor, they have it and I don't. All of those are polarities, so the more busy your mind is, the more separate you are going to feel to the point where you feel so separate you are going to wonder, "Why doesn't anything work for me?" You will start making rash conclusions like, "Nothing works for me." That is when you know you are really, really trapped up in the mind, the prison of the intellect.

But the solution is so simple that if we gave it all to you tonight, the part of you that is habitual that has been conditioned to believe that it is you, would deny a majority of it. That is why it is so wise to take trainings because you get to digest some of the training and then sleep on it in your subconscious what I call the uni it is a Hawaiian word that means the conscious. It needs time to assimilate.

Just like when you are working out, you don't grow muscle all in one time. You work out and then you rest for a day or two then you go and work out again and then you rest and all of a sudden you notice that your muscles are growing stronger. The beauty of it is the stress when looked at it from that perspective is actually helping you grow and if you have practiced Tai Chi or Qi gong or any of the arts, the body arts, the body and the mind as one, you know that you can move with stress left and right and it no longer defines who you are.

Now back to Susan. She is going to take Number 4 in our study guide, the part of you that is far more powerful than your mind. Oh by the way, let me interject.

Before the call is done tonight, we are going to pick a free winner for our **Clear Mind Open Heart** course and if they are not on the line, then we are going to go to our next name until we find someone that is on the line and that is going to be one of our winners and over the weekend we are going to do something else that is kind of special and you will see that in my blog. So I just wanted to mention that. That will be awarded in about the 70 or 80 minute part of the call tonight.

Susan:

In just a moment I am going to share with you some powerful, powerful, statistics and facts about the human Heart and I am going to share with you the real essence of why Paul and I are on this call here tonight with each of you and before I do that I would just like to share with you a little bit about myself.

The reason I am doing this, this evening is I would like to open my Heart to each of you and to share a little bit about my story. I believe it is a profound story and perhaps somewhere in my story you may be able to relate to something in your life. You may be able to glisten a pearl of wisdom or a gift. There may be a gift in my story for you tonight. But I open my Heart to you as I share just a little bit about myself in this story that I would like to share with you.

Some of you may be familiar with my story if you have been following my work for some time, but for most of you it might be a new one for you to hear.

Several, several years ago I was diagnosed with a Heart condition and the Heart condition that I was diagnosed with was a condition called Mitral Valve Prolapse. Now many of you might not now what that is and some of you might, but Mitral Valve Prolapse is a condition of the Heart where one of the valves closes itself off slightly, so the blood isn't able to flow smoothly and evenly throughout the Heart chambers. Mitral Valve Prolapse causes things like a Heart murmur or an accelerated Heart beat or sometimes uneven flow throughout your Heart.

So it is a relatively benign kind of condition but, nonetheless, that was something that was diagnosed many years ago to me and when I was given this diagnosis I was told that I would have this for the rest of my life and at that time I was barely thirty and I thought "Wow, that is a long time to live with that." Now at that time, there was something else very significant going on in my life. I was mending from a broken Heart.

So you see just one year prior to that diagnosis I had lost a very significant and committed relationship and it wasn't by my choice and that experience and that loss was so painful and so traumatic for my energy system that I closed off part of my Heart. I placed a guard around my Heart so that I would never have to feel such pain again. Maybe some of you can relate to that. If it is not a relationship maybe there has been some event or some trauma or some experience in your life where you have felt that pain in your Heart. Where you have felt that sheer sense of abandonment or frustration or anger or sadness.

During that experience I began to believe different things. My mind was beginning to send me lots of inner chatter. I began believing things like, "There must be something wrong with me. Why would someone who committed their life to me leave me?" I began wondering and believing that I couldn't trust love ever again. I began believing that I needed to protect my Heart from ever feeling such pain or such abandonment again. With every new relationship, I can remember in my life I entered into it wondering, "Is this person going to leave

me? Am I going to get hurt?" What I didn't know then that I know now is I was reliving a memory. That is very significant.

We are going to talk about that in just a little while, what it means when we are reliving a memory. I remember throughout much of my relationships and much of my life back then, that I had this hesitancy. I had a hesitancy and I held myself back from experiencing life to its fullest. That inner mind dialogue that I just shared with you, it drove me to literally hold myself back, to protect myself, to relinquish my deep belief that true love really does exist and that I am okay just as I am. I also remember that I began after that experience to live my life a mere shell of who I really was.

I lived my life with what I would tell you felt like ***half a Heart***. I don't know if any of you can ever remember feeling that way in your life but for me living with half a Heart got old after a while. It felt empty inside. Living with half a Heart felt like a Heart that was guarded, a Heart that held itself back from experiencing all of life and all of my emotions. Here is what I would like to share with you about that experience. Holding myself back, placing that guard around my Heart came with a heavy cost. In my attempt to protect myself, I held myself back. I was cautious and I was afraid to take risks and I allowed memories to run my life.

The greatest cost...

The greatest cost was that I felt empty inside because I had cut myself off from my real true self and I had also disconnected myself from Source, Creator, the Divine. I can remember feeling all of those and deeply abandoned and I am here to tell you that one day my Heart wanted more. My Heart began to clamor louder and louder until one day I finally began to pay attention. You all can relate to this at some level. Our Hearts are speaking to us all the time. Your Heart speaks a unique language. Can you hear it? Can you hear the language your Heart speaks to you?

How my greatest pain became my greatest gift...

Once I finally paid attention, once I finally trusted and allowed myself to hear the language of my Heart, my life began to change. I learned how to trust. I learned how to open my Heart and how to trust my Heart. Most importantly, I came to know intimately, my own Heart. My greatest pain had become my greatest gift. I hope that you can hear that. My greatest pain had become my greatest gift because I found the way to melt those guards and shields and to open my Heart not only to love but to abundance, to all of life. You experience abundance in your life fully and completely when your Heart is open, when those guards are melted away.

Through the gentle process of melting away those guards, I was able to reverse my Mitral Valve Prolapse. Yes, my Heart opened. It relaxed. It softened and my prolapse reversed itself and I can now tell you that I enjoy living with an open Heart, a healthy Heart, a Heart that was able to trust. Now you might think that, “Wow, that is a happy ending to the story,” and it is and it was.

But what was so much more profound to me was that I didn’t have to spend another day feeling empty inside and feeling like there was a missing piece in my life. Feeling that deep, deep down sense of being alone and disconnected of who I really am, my true self, from my life’s purpose and, most of all, feeling a disconnect from Source. One of the greatest gifts in opening my Heart has been that my mind no longer runs my life. My mind has found the loving place within my Heart. It is like a new home and my Heart has welcomed my mind.

I am here to tell you that I have manifested many wonderful things in my life, abundance and health and love, even living my life’s purpose and I am also here to tell you that nothing compares to the love and the fulfillment and the deep inner peace that I feel on the inside because I have come to know and trust and live from my Heart. One of the greatest gifts I experience on a daily basis is that no matter where I am, what I doing, or what is going on around me, I know that I have a resource within me that will bring me peace, that will bring me inner solace, tranquility no matter what is going on around me.

Now you might be saying to yourself, “*Well, Susan, that sounds wonderful, but it is not a healthy Heart that I desire.*” Maybe what you desire in your life is other things. Maybe it is more financial freedom. Maybe it is a deeper more loving connection with a soul mate. Maybe it is a better job or closer to living your life’s purpose. I understand all that, and I am here to tell you that what each of us truly desires, that there is an essence beneath all of that, an essence that our Heart is calling us, beckoning us to experience.

Your Heart is calling you...

Your Heart is calling you to experience something way deeper than some of those things that we have mentioned. Your Heart is calling you to experience the essence of deep inner peace, unconditional love, a freedom that your mind cannot comprehend, only your Heart can experience. So I am here tonight, Paul is here tonight to reintroduce you to the place within you, the resource that lies in the very center of your being that is far more wise and far more powerful than your mind. That resource, that center is your own Heart.

Now thank goodness to some amazing research that has been done over the last ten to fifteen years, we know so much more about the human Heart and its intelligence than ever before. One of my favorite researchers is someone who Paul has mentioned earlier on the call. Dr. Paul Pearsall, and he has helped us

to come to know that the human Heart is actually 5,000 times more electro-magnetically powerful than the brain.

Now this electro-magnetic field that I just spoke about can be detected up to ten feet away from your pulsing Heartbeat. It is powerful. It is magnetic. That pulsing Heartbeat, your Heart, speaks a unique language. Further, by the 25th day of gestation, imagine that, long before sometimes a woman even knows that she is pregnant, the embryonic Heart has begun to beat. The embryonic Heart is the first to register life. The first beats of your embryonic Heart occur well before your brain registers any brain wave activity.

Your Heart holds an intelligence far greater than your mind...

You have all experienced your Hearts intelligence many, many times throughout your life. Just take a moment and remember the time that you had an intuitive hunch about something and you followed it and you were right on. Maybe registering for this tele-seminar is one of those times. Maybe it was a decision that you made, something that you did or didn't do but you know that you followed your Heart and you know that it was absolutely your truth. Your Heart holds what is called your soul's code. Dr. Paul Pearsall calls it your Heart's code. This is unique unto you.

It is your soul's unique imprint.

You are here to discover and express this divine code, your unique souls imprint. You have heard me share with you and I will say it again, your Heart is speaking to you all the time, communicating with you. Every beat of your Heart is a communication. The question becomes, "Can you hear its message? Can you hear your Heart's wisdom and do you trust it? Can you hear your Heart's wisdom?"

You hear the wisdom of your Heart when the mind is quiet...

We can best hear our Hearts wisdom when the mind is quiet, when we have moved into the Heart space. I believe, and many researchers have indicated, that your Heart holds the key to your life's purpose, your personal mission so to speak. In fact by age twelve, you know your life's purpose, by age twelve. So it is a matter of tuning in, tuning in to what is best and the best way to do that. Tune into the wisdom of your Heart because that is where your truth can be heard. That is where you can find that clarity, the focus that you are looking for, not from your overactive mind.

So the time that we spend with you tonight and the Clear Mind Open Heart course that we have put together helps you to tap into this infinitely powerful

resource within you. I'd like to just end this part of what I'm here to share with you by saying that your Heart holds an invitation for you. It gently opens like a beautiful rosebud, just imagine that. At the very center of the rose, the very center of your Heart lies a gift and it is there for you, every moment of every day. Your Heart holds an inner peace, an unconditional love that is just exquisite, that the mind will never be able to comprehend. So the invitation is yours to make the choice to live from your Heart.

Come to know the intimacy of your Heart. The word 'intimacy,' in to me I see. Come to know your Heart. You will be simply amazed, delighted.

It will in fact create miracles in your life. So, Paul, I am going to now turn this back to you and you can move along on our outline.

Paul:

Thank you, Susan. You have all probably heard that quote from Shakespeare, "To thine own self be true," and that is what it means to be in your Heart and we are not talking about just the physical organ now, because there are many things that might just become trite because you hear them so often, like "take a chance," or "go for it" or whatever those trite expressions are. We don't want to just turn this into a new belief system for you. There are some things that you know at such a deep level, that's what Susan was just sharing with you, that you know it by Heart.

You know that old phrase, you can sing that song because you know it by Heart. It is pretty special because think of a time that you have had chills in your life. What brings you chills, goosebumps, some people call it chicken skin? Think of a time when you have had chills and ask yourself in those moments is your Heart open or is it closed and if you are really tuned into that you know your Heart is wide open. As a matter of fact, if someone came along they took a picture of your aura in that moment you would see just gold and bright colors. There would be no holes in your aura. Now the amazing thing is that if you just in a moment after that started thinking about something depressing or something that made you feel anxious, you could shut your energy system down in a matter of seconds couldn't you?

You know that. If you ever want to see something interesting go to one of those photograph places where they take your aura photograph and do a before and after. Susan and I did this recently when we were in Sedona teaching a course there and I went in there just normal and I didn't do anything. I didn't do any exercises, no grounding, nothing, and the lady took my picture and I said, "I want to take another picture after that," and the lady said, "Oh, okay. You are like the second person today that has asked to do that," and I said, "Oh, okay great," and I just went inside and I did some of the stuff that you guys will learn in the course should you chose to take it and I have some really good news about that course and how you can take it by the way but we will leave that for the end of the call

and she looked at the difference and she said, “What did you do?” and I said, “Something pretty simple.

It is something I teach people in my course all the time,” and she goes, “Well, whatever you did just keep doing it because it is something really good for you because look at the difference.” She showed me my pictures, if you guys think that this is new age or woo-woo, that is okay, but at the scientific level these are absolutely measurable responses in your diastolic blood pressure, in the openings in the arteries in your Heart, in the cessation of the stress levels and including the burning off of cholesterol that was there just moments ago.

Oh yes, absolutely. It doesn't have to take you months to be on Lipitor or whatever it is, the drugs that you might be taking. Cause cannot be found in the physical, remember that. The thing that is causing anything in your body or even in your life, if your body is in good shape, is not being caused by the outside. It is being caused at the inside level, at the energetic level. Who you think you are, like Susan and I were alluding to earlier in this call, rather than who you really are. Who you really are is who you are centered in your Heart, (deep breath) when you breathe like that you can hear yourself say that sound or make that sound.

The power of the breath...

Let's try it together, I am going to come off conference mode or lecture mode real fast. Let's everybody breathe together, nice deep breathe, nice deep breathe in (everyone taking a deep breath) Do you guys hear that? When you choose to breathe consciously like that you move energy, that is your *mana*. That is a Hawaiian word that means your spirit. Just a week ago my energy was a little bit on the down side. I have learned what to do in those times.

That is when I go back and sit on my couch and I take out what I call my higher self journal, and I write down, “So what is good about this? What am I learning in these moments?” How can I tune back in without my even having to say the words ‘back into my Heart,’ I am already doing it because I am accepting that thing that I didn't use to accept: down time. What ever you call down time in your life when things aren't going good, when your company is not working well, when you can't get yourself to write, when you just can't get yourself to surrender to something or have your arms wide open to someone who you feel is hurting you when in fact that is not what there intent is.

You know that at a deep level, in your Heart you know that. So the real lessons that we are hearing here are ones that we know deep at the soul level are real. They are not new beliefs that we are trying to teach you here tonight. The most profound teachings that any of us can have are the ones that when a mentor, a facilitator, a guide of any kind, a teacher shares with you and guides you back to

the place of your knowing, that is elegant teaching. That is the Socratic way, that is to help you find that which is truth in you.

There is a Hawaiian word that is called "*pono*" that means the measure of truth, that which is truth makes you feel good but it is your truth, not somebody else's, not mine, not Susan's. We may have a similar truth, now that is cool. That is when people like of like mind and like Heart come together.

So let's look up at **Number 4**. We kind of ran past this one. This is really powerful and Susan, I am sorry if I am going over this, if you did touch on it, but I just wanted to say it one more time and that is the hidden link between your mind and your Heart. I want you to write down three letters and it is a very important word, Y-O-U. You're the hidden link between your mind and Heart and in a few moments I will explain why.

There is a layer of trust that we all have but that trust just doesn't happen, you know, like I am going to pick it out of a tree. "Oh there is some trust. Where was that trust hanging around all that time? Oh it was hiding under the carpet. Isn't that silly, that trust was missing just a few moments ago when I was looking at my stack of bills or when my boss said something to me or when my sweetHeart said something to me that I didn't like to hear, or my kids they are not home yet, I am not trusting."

Whatever it is that you are not trusting is because you have just stepped out of who you really are. Then that low-level spiritual deficit disorder begins to the extent of how much you steep in that, kind of like a tea bag you know, you steep a tea bag in hot water, will determine how much pain you have. So let's go on to Number 4. Now we have been saying it all along, so Number 4 is just going to expand this even more to make it implicit, explicit. In other words, easier for you to understand consciously and that is the single most important method of attracting what you want. Well, if we really told you how simple it was your mind would kick in and it would say, "Yeah, that is just too fricken easy, no way, it can't be."

So what I am going to do is belly up to the bar slowly but surely and that is, imagine that what want was already real right now in this moment. Imagine that you have the health that you want. Imagine that your abundance is already here. Imagine that you have the friends or the self-confidence or that sense of energy or that joie de vive as the French call it, that passion and it doesn't just leak out, that it actually stays for longer and longer periods of time. So that's not too hard to imagine, is it? Like, in other words, can you go to a place where that exists in some way, within you? Not outside of you, I am talking about you, now.

Now, what happens if you knew that everything you could possibly imagine is already real right now in this moment? That you don't have to strive to go find it outside of you? That all you have to do is align with it? If you try to create from

your mind, here is what happens. The mind, being a polarizing instrument, its central language is fear. Please write that down, language of mind equals fear. Language of Heart equals love, peace, oneness.

In other words, we are echoing what we said before and that is that when you come from your Heart, in other words, when you feel grounded, when you connect to the feeling of already having what it is you long for and after awhile you stop longing for it you just call its note, you sing its song in you. It is already real and your Heart is the part of you that doesn't polarize, in other words, it doesn't split things up into dualistic nature. It already is an entity of wholeness, because it is the real you.

Everything else is a memory. Not having what you want is a memory. Stress in your life is a memory, replaying over and over again like an old record or if you prefer CD technology, it is like a skipping CD.

Sounds a little different than a skipping record, same theme, same premise. Did you want to say something, Susan? Sounds like you are boiling in the background there.

Susan:

I was going to add that something that has really helped me along those lines is to really get at that love and fear don't exist in the same space. They can't.

Paul:

Why not though?

Susan:

Because there is no duality in the Heart. There is only love.

So in the moment when I experience fear, I am up in my head. I am reliving the past or I am worried about the future. When I am in my Heart space, there is only love, present moment awareness. So I can not be in love and fear at the same time. They don't exist in the same space.

So what about us?

So that was helpful for me to remind myself of that, you know, when I am having one of those days or hours of coming from my mind and maybe being in more of a fearful space, I can catch myself reliving that old memory or worrying about the future which hasn't even happened yet and I can call myself back to the present moment.

Paul:

So what you are really saying is, and if you guys want to write this down, this will be really helpful. Whatever you are feeling other than peace, other than love,

other than some form of abundance in your life, you know that is an old memory that is replaying itself and it is not you. Now that is a very simple equation. If you get that one down right, the rest of your journey is far simpler. You know you are not in your Heart, you know that you are up in your mind when you are having any kind of suffering in any way, including questions of “Why hasn’t it shown up yet?” or “What do I have to do to make it show up?”

That is instantly a sign that you are in your mind. It’s okay. Find the acceptance in that moment. Now that is not the easiest thing to do in the world but at least get the awareness. Here is an old quote by one of my favorite teachers from back in the seventies, who has now since passed away. His name is Vernon Howard, here is the quote, “The very act of noticing is the state of strength of and by itself.” In other words, just noticing is enough. Just being observant. The moment you observe you are back in your Heart again. “The very act of noticing is a state of strength of and by itself,” because if you can look upon yourself with soft eyes, you are then bathing yourself back again in your own unconditional love and I know that is not easy sometimes.

It can be the most challenging things to do when you are in the midst of your problem but all you have to do is step back. Get up out of your chair or if you are in the middle of a relationship issue just step back for a minute. Get a drink of water, take a deep breath. Ask if you can step outside for a moment. Then you can defuse, “un-fuse”, literally, from that fused state, I will teach you what fused states are if you guys join us for that course. It is a long story, but imagine glue that sticks to things that you don’t want it to stick to. *That is a fused state.* It is a crude analogy but it helps. So that is the single most important method of attracting what you want. **It is coming from your Heart**, from the place of oneness, it already is real, right now in this moment.

You want peace, be peaceful. You want abundance, live in that feeling that of it is already here within you. The mind may step back in but it ain’t here yet, you know that you are up in your mind so it takes some time to come to mind. That is probably one of the most difficult things for us to do in our lives.

The Seductiveness Of The Ego...

So now we are on to **Number 6**, the seductiveness of the ego. If you look at that quote there it says, “The mind makes an excellent servant but a poor master.” Think about that. We have it the other way around there, don’t we? We think the mind, whether we think it consciously or not, is in charge and we don’t question that assumption. These are those series of unquestioned assumptions that we live our life by and if continue to not question them, the mind and these other parts of us that are memory continue to drive the boat. They think that they are you. They continue to do the patterns that their thinking is supposed to be the pattern until you say, “Whoa Nellie.”

Remember the old western movies where you pull on the reins and the horse would begin to slow down. You don't have to castigate yourself or get any guilt or blame you just step off the merry go round and you say, "What is really going on here?" and begin to notice, bring that observer, that spirit, that Heart in you, let it come alive again. Bring it back from its dormancy. So there is a point where we stop living from that memory and we begin to live in the present moment. The seductiveness of the ego is that the ego thinks it is you.

I would like you to draw something on your paper there. Draw a line vertically, in other words, from top to bottom about two or three inches long, top to bottom, put a point at the top of the line and put a point at the bottom of the line. At the top write the word 'high' and at the bottom put 'low' and what that little word picture signifies is the highs and the lows that we go through in our days. So let's say the highs, think of some right now.

Think of some times where you have been really, really inspired, really tuned in, you had plenty of money flowing in your life, even if you can't remember them now, in some cases, you know that at least at some level you had something going right for you. The highs, those times that you felt really, really at the top of your game. You got a couple of those? Okay. Now think of some of those lows, when you didn't have enough, when someone cuts you off, when someone literally says, "I'm sorry, I don't want to be around you anymore," or when you got fired. Whatever those low times are, think of some of those. Now just take a deep breath and just shake off. Now here is the really good news.

This is part of some of the really good news on tonight's call. You are neither the highs nor the lows because you are not those events, those are just memories. Now the highs happen to be good memories, don't they? The lows, they are memories as well and they are not you.

That is what Susan was really meaning at the first part of the call tonight. Those problems are not you. Those problems are really just energy that come through just like waves in the ocean. They flow in, they flow out. As long as you don't try to judge them, they are fine and they will move through you and you don't have to steep in them any longer than your mind wrestles with them. That is why we call it the restless mind. But that ego on the high side begins to believe that it is you in those high moments.

So let's say you have a peak experience, you have a blissful moment, let's say you have something that is really "Wow." You have lots of money flow in one day, or someone said that you are beautiful, you are good looking, you are gorgeous, and whatever it is in those peak moments. That ego thinks that it is you when you are in those moments and that it wants to have more of those because it knows that by being the false you, it is going to keep on having its living and it fears its own death. I think you know this on the inside. Death of any

kind is what is literally antithetical, in other words, really, really turns off the ego. It doesn't want to have anything to do with death. The closing of the chapter of any kind in our lives, the ego really doesn't want to hear about that, unless of course that you get a positive thing out of it and then that is still your ego. If you could be free of the highs and the lows, you are truly free and you are living from what Susan calls ***Heart consciousness***.

That is something that I learned a long time ago, that after kind of like being a student of people like Susan, I made more sense of it at the Heart level and all of us deserve that across our lives. The more that you come from that place the more that you are being an emissary of peace, an emissary of light, whatever it is that you want to share with people and that is part of your life purpose.

So on to **Number 7** and I know that we are a couple of minutes over but we will finish up real quick here now. What do all the most powerful visionaries, healers, CEOs, artists and peak performers have in common? You are probably getting a sense of it. Yes, of course, it has to do with your Heart. Now think of it in terms of your imagination. Before age seven, you had an intimate connection to Source, to God. It was in you. It flowed through you. You didn't have to think about it. You were childlike. You played all the time, even if you had a little bit of a tough childhood, you still were a child. You remember what it was like to be in those moments of "I can go out and play now. I don't have to put on my adult costume and go to work."

You had an intimate connection to Source, in your imagination. So those are those two things that you could fill in there. Underneath it, it says, "Intent plus 'blank' equals creation." Intent plus imagination.

When you come from your Heart that is the seed of your imagination. Your imaginal power, your ability to imagine something greater than even what you are experiencing now, comes from your Heart. If you try to do it from your mind, it is difficult. It limits it the moment you try to think it rather than try to feel it. It is a felt sense of what imagination really is. So all these great people that we see as great in our lives, and I don't mean Hollywood celebrities per se, I mean people that you admire. People that you want to be around. People you want to sit down with and say, "Let's do lunch.

I would love to hear how you do what you do." The people you admire. There is a vibration to that. They are in there imagination frequently. Now here is something that is kind of a secret about imagination, not many people know. When you imagine better than even the best that you know, in other words, better than you are experiencing up until when you got on the phone tonight, what you are doing is you are forgiving yourself for not having been in that place. It is forgiveness in the truest sense.

So guess what part of us helps us forgive the most, within us? Yes, your Heart. It is part of who you are at the soul level. So just watch, when you go out tomorrow as you are noticing things tonight or for whatever you do for the rest of these days, notice the people who you consider peak performers. Notice how they perceive life. How they approach life. How they let life come to them. Notice how creative they are. Notice that they don't take what shows up as reality, with quotes around the word reality, as a limitation. They re-imagine it. They see outside the edges. They imagine even better than the best that they are.

Your Soul's Code

So we will close with **Number 8: *your soul's code***. Here is something that is really beautiful to think about. We talked about at the top of the call and throughout the call tonight. Whatever problems that you experience in your life and I am thinking now of the big ones; I don't mean just the small ones. Think of your major challenges, the ones that just really threw you a wringer. The ones that felt like an albatross around your neck.

Your soul chose those obstacles, challenges and problems so you could remember to wake up and come back to who you really are. Think about that just for one moment. It is what Susan said earlier and I know it sounds strange to some of us at first but your greatest pain can become your greatest gift; in fact, it is. But if we keep judging and we keep suppressing that pain you are literally holding back your best and most powerful gifts because those things are being pushed down into your subconscious and your subconscious holds all of the power. Your higher self can only guide you. It can't tell you what to do. It is not going to drive you. Your habits will drive you.

So we chose these obstacles prior to us even coming into this lifetime so that they would wake us up and help us realize our real strength rather than just ordinary stuff and when you are reaching those heights you feel those chills. That is when you remember your soul. That is what a mentor of mine shared with me many years ago. So we are drawing to a close now, we are a little bit over but that's hopefully okay with you guys. Before we award the free program, Susan, did you want to share anything in closing?

Susan:

You know, I have just so much enjoyed this time here and I love connecting with all of you and with you, Paul, and if I were to leave or to end the call with some words from my Heart, I would just say that your Heart's wisdom, your Heart will never fail you. So my hope, my intent is that each of us come to really know and trust the infinite, intelligence and love that your Heart holds for you, for each of us, and to remember that it is an invitation and it is a choice and we can make that choice at any given moment.

Paul:

Words near and dear to our Heart. So next week we are going to announce this new course, this Clear Mind Open Heart course and we hope that you join us and it is going to be taught by tele-seminar but if you can't make the tele-seminar you can get it by CD. It is going to launch next Wednesday, November 7, and it will be very affordable, by the way and you will know the price when it comes out next Wednesday so watch your emails. On Sunday I am going to send another email out and we are going to do some creative stuff over the weekend, you will see what I mean. So thank you everyone for joining us tonight, so what we say now at the end of our calls is "A Hui Ho". Wow. And also "Mahalo" which means thank you so much from our Heart.

In about two weeks we are going to be in Hawaii and we are going to be sharing and teaching this course from Hawaii so if you guys have any inklings of what that feels like, this is the first time that we are not actually teaching a course live in Hawaii live for a long time. We are actually going to take some time off, we are going to do this course from Hawaii, but it is going to be taught remotely, so to speak. So remember it is going to be taught by tele-seminar but also it is going to be shipped on CD, so if you can't be on all the teleconferences, it is not a problem we can ship you the CDs.

For those of you that have ***Clear Mind*** you know how powerful it is. That is my meditation program and I am saying that is the experience the testimonials of people that use it. That is going to be part of the course if you get the CD version and we will even find out a way for those of you that choose the download version, how you can get Clear Mind as well.

I am trying to work that out with my programmer right now. So "Aloha" to all of you thank you so much from our Heart. God Bless everybody. See you soon.

Stay tuned for our big announcement on the launch of the Clear Mind Open Heart Course very soon.