

Welcome to the HEART'S DESIRE Project



The HEART'S DESIRE Project



How it Works

- 8 weekly Heart to Heart Meetings
- 8 Modules released weekly
 - Videos
 - Exercises/Homework



How it Works

- Self-awareness --Notice
- Find Heart's Desire --Dream
- Attract Heart's Desire --Align
- Attraction Daily Routine --Practice
- Maintain the Momentum --Become



Week by Week



Learn & Balance Your Gifts

- 3 Elemental: Air, Earth, Fire
- 6 Ways of Knowing:
 - Body, Mind, Feeling, Awareness, Energy, Spirit
- 7 Energy Centers:
 - Safe, Creative, Will, Love, Truth, Vision, Divine



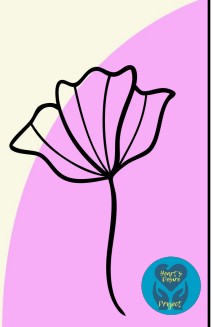
Find your Heart's Desire

- Identify Strengths
- Connect to Life's Purpose
- Build Dream
- Practice a Daily Vision
- Become the Dream



ALIGN WITH YOUR HEART'S DESIRE

- Remove Barriers
- Process Fear of Success
- Transform Fear Based Beliefs
- Build Love Based Beliefs



Build Daily Practice

- Breath Work --5 mins: week 1
- Balances --5 mins: week 2
- Contemplation --15 mins: week 3+
- Journal --Optional 5 mins: week 4+



BECOME

PSYCH-K Balances

New supportive beliefs integrate into the subconscious to keep the dream in place.



BECOME

Maintenance

- Continue Daily Practice
- Access Modules
- Heart to Hearts as needed
- other Connections to come

