



**Sound, Science & Spirituality
Presents...**

**LIVING FROM THE INTELLIGENCE
OF YOUR HEART**

With David Hulse

Week 4: Heart Connecting Relationships

The "Little Brain" in the Heart



**HEART INTELLIGENCE KNOWS
INSTANTLY WHAT'S TRUE FOR
US IN THE MOMENT.**

CARDIO-CONTEMPLATION



**BEING IN A STATE THAT ALLOWS
ONE TO BETTER EXTRACT INFORMATION
FROM THE HEART**

Inner-Ease™

PEACE

CALM

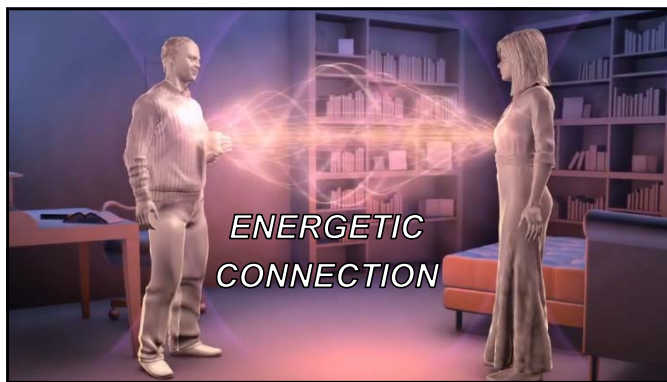
1. Heart Focused Breathing
2. Draw in the feeling of inner ease:
3. Anchor and maintain the feeling

SERENITY

HARMONY

PRACTICE WITH EYES OPEN

Learn how you can **ACTIVE** calm or inner stillness **WHILE ON THE MOVE**





SELFLESS "KNOWING"

An energetic epiphany
that we are totally
connected beings and
not just separate persons.

We are not **JUST PARTICLES**
occasionally bumping into each
other, but ...

**WAVES OF ENERGY INFINITELY
LINKED TOGETHER.**



That tugs at the old Heart strings	Let's get to the Heart of this
Cross my Heart and hope to die	It will do my Heart some good
My Heart is just not in it	I can do that in a Heartbeat
My Heart skipped a beat	Eat your Heart out
My Heart is broken	Can you find it in your Heart
This is close to my Heart	Follow your Heart
My Heart is really set on this	From the bottom of my Heart
She died of a broken Heart	Have a Heart
I have had a change of Heart	My Heart goes out to you
She has a Heart of gold	I poured my Heart out
Let's have a Heart to Heart	My Heart stood still
My Heart is dead set against this	Oh, my aching Heart
Your Heart was in the right place	This warms the cockles of my Heart
He wears his Heart on his sleeve	He is really young at Heart

Relationships:
Searmates
Soulmates
Twin Flames

RELATIONSHIPS

♥ **FALLING IN LOVE**

♥ **STAR MATE**

♥ **SOUL MATE**

♥ **TWIN FLAME**

By David Hulse, D.D.



Ezekiel 11:19

And I will give them one heart, and put
a new spirit within them. I will take from
them the heart of stone, and will give
them a heart of flesh.

Week 4 Technique: *Heart Lock-in®*

- ✓ Accumulates and sustains resilience
- ✓ Builds a new resilience and coherence baseline
- ✓ Improves and builds a coherent field environment
- ✓ Increases ability to handle the things that do come up with greater ease

1. Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.
2. Activate and sustain a feeling such as appreciation, care, love or compassion.
3. Radiate that renewing feeling to yourself and others.

Use the Heart Lock-in® technique for 5 to 15 minutes several times a week to sustain and build your coherence baseline. It helps to accumulate energy and recharge your emotional system.

Week 5: *HEALING FROM THE HEART*

Healing with the heart is not "trying to heal" but allowing the heart's natural healing energy and all the memories of healings that have every occurred to resonate with you.

Week 5 Technique: *Freeze Frame®*

- ✓ Reduces energy drains
- ✓ Increases ability to quickly develop solutions and problem solve
- ✓ Increases clarity and access to intuitive intelligence
- ✓ Improves mental functions
- ✓ Increases access to creativity and "out of the box" solutions
