



seeing *with* heart

to journey from within
a manual for growing inner peace

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guidelines for journey solo

- 1 Set aside one hour each week for a *Seeing With Heart* session.
- 2 During the session and without interruption listen to one audio file, proceeding in order beginning with week one.
- 3 After listening to an audio file, print the pages from the corresponding week as found in the *Seeing With Heart: To Journey From Within* eBook.
- 4 Assemble this material into a binder to create your *Seeing With Heart* manual.
- 5 In addition to the weekly session, set aside time to revisit the already completed material.
- 6 Continue weekly by repeating steps two through five, until all twelve sessions have been completed.

FOLLOWING THIS SEQUENCE will establish a rhythm which most closely resembles a *Journey Accompanied*.

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week one

embrace the possibility



- The Following Words
- Walk Straight into the Mystery
- Blink
- From Within

the following words

The following words flow as feelings, not thoughts, from the Quiet Place — the place where all is one. These words are not “mine,” yet they have the illusion of flowing through me. Instead, they are Core Truths which resonate from within each of us. If I felt they were mine, the possibility for receiving them would be not.

To fully know these Truths, we must step aside and authentically embrace the possibility of non-ownership. Only in this way are we open to all there is, which is only Love, and only then will love flow over all, in a way that one only dreams possible.

Now is the time to embrace that possibility — the possibility of... *Seeing With Heart*.

walk straight into the mystery

Walk straight into the mystery in all of its majesty
and fully embrace that which frightens you the most.

Surrender. *Let go.*

Disregard the expectations of others
(the voices that attempt to bleed your soul)
by offering an unbounded outwardly flowing stream
of unconditional loving kindness.

In your heart, know that the universe always shows up perfectly,
reminding us that some of our most important nourishment
will come from that which tastes awful.

Openly embrace change, as it is not only inevitable — it is life;
providing us the opportunity to see beyond
the limited abilities of our ordinary eyes.

To see that for our spirits to be at peace, they must be at home.
Letting go is the way home; the way back into the stillness.
The place where the miracle is the ordinary not the exceptional.
The place of bliss.

This document is an abbreviated preview of the complete manuscript.
For the full version of the manuscript and to experience your own
journey toward growing inner peace, visit www.seeingwithheart.com.

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