



Welcome! This is the first in a series of emails that will introduce you on a deeper level to the **New Beginnings Program** starting April 3, 2012 and get your juices flowing. The program provides the keys to using your hurts and losses as catalysts for profound transformation.

Welcome Lesson #1: 'Activating Your Heart Space'

Most people operate from their heads, from an "I think, therefore I am" perspective. When you are in your head, you are, in essence, a separate entity, disconnected from other individuals, and from your own inner guidance. In your Heart Space, however, you are connected with Source and your own Inner Guidance, as well as with all humanity. Your perspective from inside the Heart Space is, "I am, therefore I think."

Activate Your Heart Space

By MarBeth Dunn

The very first thing I do, when working with a client, is to bring her awareness into her heart space. Most of my clients are not comfortable in their bodies. They often don't wish to feel their feelings and the sensations. Yet, it is through the heart space that healing occurs.

Did you know that your heart is much more than an organ that pumps blood through your body? According to the Institute of Heart Math:

- The heart's electrical field is about 60 times greater in amplitude than the electrical activity generated by the brain.
- The magnetic field produced by the heart is more than 5000 times greater in strength than the field generated by the brain
- The electromagnetic energy of the heart not only envelops every cell of the human body, but also extends out in all directions in the space around us
- Our cardiac field touches those within 8 – 10 feet of where we are positioned (and perhaps in more subtle ways at greater distances)
- One person's heart signal can effect another's brainwaves, and heart-brain synchronization can occur between two people when they interact

- Research conducted at the Institute of HeartMath suggests that the heart's field is an important carrier of information

Place your hands over your heart, close your eyes and feel the warmth under your hands. Breathe deeply, allowing your breath to flow into the warmth under your hands for several breaths.

Think of someone or something you love very much, or open your eyes and look at the photo of this adorable puppy and kitten. Does your heart expand as you feel the sweetness? Does the warmth, the feeling of love expand under your hands? What do you notice? Do you feel anything at all? What do you notice in your body? Does it feel any different when your awareness is in your heart? Do you notice any subtle shifts? Do you notice a lightness or do you feel any discomfort or tension? Please do not judge anything you experience here. It is just information, data you can use to learn more about yourself.



Practice this exercise daily, at least once per day and notice any shifts and changes.

“Since our last session I feel better than I have ever felt in my life.”

-Deborah I.

"I feel an inner calm that I have not ever experienced before."

-J. Hausner

“MarBeth has helped me to grow and evolve in the most profound ways.”

-J. Quijano

MarBeth Dunn, known as “The Joy Strategist” is passionate about helping individuals release past hurts and losses, and move forward to create and live joy filled lives. Drawing on her mastery of energy and subtle realities, her 25 years as a spiritual teacher, and background as a Kundalini Yoga instructor, MarBeth helps her clients understand how events from the past are holding them back, and that profound perspective shifts need to happen to begin the process of bringing joy back into their lives. She knows that a joy filled life often requires emotional, as well as practical strategies, and has helped hundreds of people to start experiencing an easy peace in their lives.