

Chapter 20. Share It With the World



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SHARE IT WITH THE WORLD

HOW CAN I SHARE WHAT I KNOW?

"It is the task of a good man to help those in misfortune."

Sophocles

Living Your Ultimate Destiny and Giving Your Best to the World

"The acquisition of wealth is no longer the driving force in the 24th century. We work to better ourselves and better all of humanity."

Captain Picard in *First Contact* (Star Trek)

Although you may think you're just getting started, the act of reading this book will have a greater impact on you than you might think. Once you begin implementing these practices, you will change in subtle ways – and that will affect everyone around you. As each person awakens to the journey to find the true self, the entire population of the world benefits.

Once you're on your way, you will begin to see the world through a new lens. You can share what you're learning by keeping your eyes open for appropriate ways to introduce some of the concepts and ideas that have been helpful to you. However, the best way to share is simply by being open and honest, while maintaining a good sense of humor.

Think of yourself as an explorer traveling through a new land with all new people, customs, and behaviors. That way you will be able to see your life as an adventure – which it is! As you learn to listen to your own heart, enjoy your life, and express your deepest desires in healthy ways, you will find people coming to you to ask for help or advice.

You may discover that you are coaching or mentoring someone else who was inspired by something you did or said! It has been said that the gift of awakened wisdom demands that you pass it on to others. When this happens, be grateful to those who seek you out for it means you are growing beautifully.

Feel Grateful and Appreciative

"I am a part of all that I have met."
Alfred, Lord Tennyson

One of the most powerful tools to increase your capacity for living revolves around showing gratitude and appreciation. The ability to move into the heart and generate feelings of gratitude, then radiate those feelings into the world around you is one of the healthiest and most positive things an individual can do for the Self, and for others.

Practice gratitude daily, even if only for a few moments, simply because it feels so good to find things to give thanks for. It creates a sense of awe and wonder as the act of looking through our daily collection of experiences keeps us aware of the many gifts, coincidences, and synchronicities that occur.

Feeling grateful and appreciative for the small and large things of life also surrounds you with an energy that draws more and more things to be grateful for. You will discover life was meant to be full and abundant.

An Introduction To HeartMath®

Research by The Institute of Heart Math has shown that when you move into a state of appreciation, gratitude, or love in your heart, your metabolic and physiological state changes. It moves you into a state of congruence that allows the body to regulate itself in a natural, yet healthy way. To achieve your Ultimate Destiny, appreciation and gratitude are vital components for you in living an honorable, integrity-filled life that honors life and all those who share it.

You may have seen HeartMath and their Freeze Framer® technique featured on ABC's Good Morning America, World News Tonight, CNN, and Inside Edition. HeartMath has become one of the most talked about new approaches to personal and organizational development in America today. It is a recognized and highly respected name in the fields of psychology, mind/body medicine, business, and among people from all areas of society who are interested in the new understandings of human development.

HeartMath is the world's leader in providing research-based solutions that increase productivity, improve health and provide a sense of well-being. HeartMath techniques, concepts and technologies are being used by hundreds of thousands of individuals interested in increasing their quality of life. Many Fortune 100 companies use it to increase performance while reducing stress. And health care systems are using it to reduce staff turnover and improve patient satisfaction.

The HeartMath experience is an energizing and uplifting event that incorporates HeartMath's innovative understanding about this era of accelerating change, break-through research on new intelligence, and techniques for expanding the awareness needed to achieve balance, success and fulfillment in today's world. Working with the simple Freeze-Framer[®] device, HeartMath provides a powerful source of intelligence that can lift you beyond many of your problems into a new experience of fulfillment. Here are some of the powerful results that are not difficult to achieve and are enjoyable to experience:

- Better control of emotions
- Enhanced reativity
- Better decision-making
- Increased personal productivity
- Reduced high blood pressure
- Slowing of the aging process

The secret? Something we have subtly recognized, as reflected in many languages for centuries: our heart has a special type of "intelligence" which has more impact on our emotions, our mind, and our physical health than has been thought possible in the era of modern science.

Listen to one of the senior researchers with Heartmath, Howard Martin, "New discoveries now reveal that within each of us there exists an organizing and central intelligence that can lift us beyond our problems and into a new experience of fulfillment even in

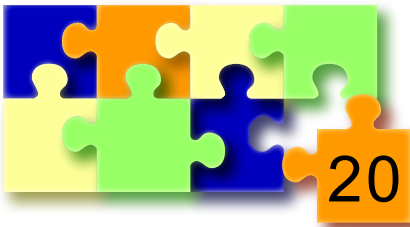
the midst of chaos. It's a high-speed, intuitive source of wisdom and clear perception, an intelligence that embraces and fosters both mental and emotional intelligence.” (From The HeartMath Solution).

Christiane Northrup, M.D., author of *Women's Bodies, Women's Wisdom* says, “Nearly every disease or illness I've seen or treated in two decades of medical practice could have been improved or even cured had my patients or I known how to access the physical power of our heart's intelligence.”

What is fascinating and revealed in a multi-sensory way by the Freeze-Framer® is how the brain and heart interact and will move into coherence under our control—a kind of control we can learn to exercise increasingly. This coherence is the mechanism by which our physical heart affects our thinking and our thinking and emotions affect our heart.

“A loving person lives in a loving world. A hostile person lives in a hostile world: everyone you meet is your mirror.”

– Ken Keyes, Jr.



Chapter Summary

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Alfred, Lord Tennyson

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(From The HeartMath Solution)

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*Share Your Heart
Give Your Best*



Enjoy your life.

Learn to listen to your own heart.

Express your deepest desires in healthy ways.

1. Give your best to the world.
2. Increase your capacity for living by showing and moving into a state of gratitude and appreciation. Love in your heart changes your metabolic and physiological states. It moves you into a state of congruence that allows the body to regulate itself in a natural, yet healthy way. Experience the HeartMath Solution.
3. Look forward to the rest of your life.
4. Continue to discover, advance and master the art and science of successful living as the Master and Commander of Your Ultimate Destiny.
5. Learn to access the physical power of your heart's intelligence.

Experience some of the *Powerful, Achievable and Enjoyable* results of



- ♥ Better control of emotions
- ♥ Increased personal productivity
- ♥ Slowing of the aging process
- ♥ Reduced high blood pressure
- ♥ Better decision-making
- ♥ Enhanced creativity



INSTITUTE OF HEARTMATH®
Empowering Heart-Based Living

Realize More of Your Potential, Fulfill Your Life Purpose and Co-create Your Ultimate Destiny!