



embody truth

*The sacred alchemy of the heart*



# The Heart Connection

What you're seeking, is seeking you - Rumi.

Welcome!

Please read this e-book before listening to the audio to orient and prepare you for your guided journey to the heart.

I want the world to be filled with people who are connected to the source of love in their own hearts. I feel this is the most powerful possibility for radical change and evolution available today. This is a one heart, one moment at the time sacred journey. I am so pleased you have chosen to join me for this awesome journey to your heart, where you will find the divine code that can guide your life, and where you can reclaim your power back from the unresolved past, to arrive more fully in life, and able to share the gift that you are.

This e-book and audio are a first step, designed to support you to move your sense of self away from any limited ideas of who you are, which is not serving you or anyone else, toward your true potential. Instead of living with limiting beliefs and negative stories, you can go to your heart, where you can reconnect with the power of love, your unique essence and the truth of who you are.

Truth cannot be spoken in words, though words can help inspire you toward having a direct experience of truth in the present moment. In the direct present moment experience of the *felt sense* of your own energy, with awareness in your heart centre is where you will meet truth.

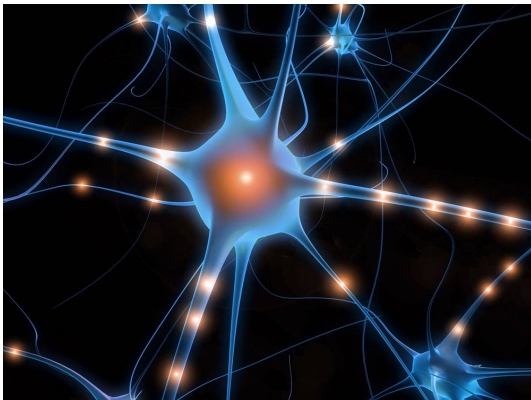
*Discover for yourself.*

**The heart connection is  
like a remembering . . . a  
returning home.**



When we connect with the *felt sense*, the energy inside of us, we are invoking a connection between the conscious and subconscious mind. It is through this direct connection, that integration can happen; we can make the subconscious, conscious. It is like coming closer toward our true self, and reclaiming what was lost, or what became separate in adversity. This integration is taking us closer toward a **wholesome** expression of our self.

The heart connection is the fastest way to reorient you from a busy mind, full of negative thinking to a heartfelt life. It **creates powerful new neurological pathways** that infuse your life with a sense of love, joy, peace and gratitude. It expands your possibility in life, as when you are in the heart, you are no longer infused with negative vibrations and creating your world from your traumatic past all the time.



*Science has shown us the 'plasticity' of our neurological pathways, allowing us to understand that any default neurological path, is able to change. It is our past experiences, which shaped this neurological wiring. Yet . . . we are not our past, **we are truly our potential.***

What is so powerful and amazing about the heart connection; is it is already there. In everyone . . . yes . . . even you ☺. In other words, you don't have to go and study something, learn something new, go on a variety of workshops, or do a host of self-improvement courses to become better than you are. You simply have to connect, *here . . . and now*. It is waiting for you. It is a realization that arrives from the direct experience of your felt sense energy when your awareness meets the heart centre.

What a relief!



Connecting with your heart  
**changes you mind state, and  
mind content. Yes . . . it can  
make you feel loving, peaceful  
and joyful 😊**



It is recommended that you start your day with this vibration, take this journey first thing in the morning, and stay in the vibration preferably for at least 15 minutes. Ultimately the aim is to live in this vibration and this practice is foundational to supporting that journey.

When done over a period of 21 consecutive days, it has a stronger effect as it ultimately will create a more stable rewiring of your default neurological pathways, aligning you with a higher vibration in life, and helping magnetize more flow thus keeping you in a joyful and lighter state throughout the day. **This is literally rewiring your sense of self, to your potential. It is evolutionary!** Once you find it easy to connect with your heart, you can enhance your ability further by checking in to your heart throughout the day, without the need for the audio.

Ultimately this heart-centeredness becomes your default neurological wiring, and maintains the vibration of love. The more you do it, the easier it gets. When we live in our hearts, we are in alignment with our true selves.

***The mind becomes an ally, to the heart as master, and  
awareness moves into coherence with the heart.***

Life and its tasks become heart-centred, which is a whole lot more light, joyful and fun.



*Be aware and prepared, however, that at first, the mind can be tricky, as it wants to protect you and stay in control. The secret is to meet the mind with love, openness and curiosity.*

What the ego is likely to tell you is that the heart needs protection. If you're looking from your limited self, you're likely to believe this. This is why it is so powerful and valuable to learn to perceive from the heart; from love.

## LOVE NEEDS NO PROTECTION

**The heart is already open... so who  
or what is creating the barrier to love?**

To the ego, being heart-centred can be just another concept and idea, which our ego may like to adopt to have a new way to identify our self, and to relate to others from something more positive. It is common to adopt this new idea of ourselves as heart-centred, yet in its depth this idea may just be an opposite polarity to another idea; ***the idea that we are 'not good enough'***. Recognize this idea has an inherent duality; a play between two ideas; *not good enough*, and *heart centred*. The nature of the ego always has this play of duality, light and shadow... it is the dance of creation, however it is not 'truth'.

What we are doing here is different, and a key piece, which is missing from many other technologies like positive affirmation tools and the law of attraction. We are not just pasting one idea on top of another, like in positive affirmations, or trying to get something we want as a way to avoid what we have and don't like. Instead we are remembering the TRUTH, and

**... we are rewiring the nervous system and that's a  
BIG DIFFERENCE.**

We need to move beyond the ego mind and its ideas and concepts to really make a lasting change. We need to go beyond the subjective view of duality, where there is a 'me' and 'other'... to a deeper experience of where we are more than any idea we can have of ourselves. In the Heart we can experience ourselves as whole and undivided. Heart intelligence is profound and incredibly powerful.



**The electrical impulse of the heart is 40 - 60 times stronger than the brain. ... Did you know that the heart's magnetic field is 5,000 times more powerful than the brain?**

Information source: Hearthmath Institute.

This magnetism is why FEELING it, is so much more powerful than thinking about it. Feeling creates a powerful magnetic field, which will manifest and attract resonant energies toward you; like attracts like. This is why wanting something, because you don't feel good enough, is going to get you even more experiences, of 'not feeling good enough'. It's all about energy and resonance. The universe doesn't differentiate what you want and don't want. So moving your sense of self to the heart is where you can change your vibration and magnetize more love into your life, and it's from a place of realizing you are love and that all that you are is already perfect. It's not from a place of your negativity or lack.

What makes the journey a challenge is you're going to have to let go of some of your belief and limiting ideas... and that might take you outside your comfort zone.

***It takes courage.... The  
journey to the heart  
will show you all that is  
not yet LOVE***



### **Heart Break**

The reason we left our heart in the first place, was because we had experiences, perhaps in the earlier part of our life, where love was not present; so we felt unloved. Heart break more accurately is a disconnect, or dissociation. When we dissociate we are creating an adaptation to avoid an experience, and ultimately that gives us a sense of self, which is based in a limitation, or a lie. It has a lot to do with survival processing, and that's a topic for another e-book!

Another way of understanding this is to realize that something traumatic happened in our past, and our nervous system was not able to fully integrate the experience at the time, perhaps we became overwhelmed and couldn't cope when it was happening, maybe we were an infant or child, and as a result created an adaptive behaviour to cope. This is like an incomplete experience, and its emotional content remains in our subconscious mind, waiting for us, and shaping our experiences in life. Like all energy it holds a vibration and will attract resonant vibrations (experiences) to us. This is both good news, and bad. Good if you know the sacred alchemy of transformation in the heart, where you can return the past back to love, and clear the negative vibration which has hijacked your life and your full potential.

Every one of us is here to meet these challenges and own the gift of life we've been given. What has shaped us profoundly is the environment we arrived in as infants, or even the environment within the womb. Additionally, how we are parented and schooled is rampant with places for disconnect. We live in a world that seems to encourage our disconnection! We all arrived new in the world and learned through experiences what the world was about, and that has survival value as safety always takes first place in life. What we are all being called toward is to not just survive, but also to thrive.

In the Shamanic native traditions heart break is referred to as soul loss, and is taken very seriously. In my experience it is epidemic... it seems that everyone has some level of dissociation... something they cannot be present with. Everyone has some flavour of coping strategy to avoid feeling experiences they don't like and to look for comfort in something, or someone, outside of them self, mostly this is deeply unconscious.

Reclaiming your self, back into your heart is the journey of becoming whole, heart-centred and returning to your unadulterated true nature. Herein lies your potential. Being deeply present to our experience, is **unconditional love** and it has the power through grace, to transform the past stories into a more sovereign heart-centred presence in each moment. This supports living in a higher vibration, meeting life directly and healing the past. You can find out more details about this power of presence in another E-Book called Sovereignty – and the power of presence.



## Gateways

**. . . if you're not feeling love  
you're feeling a gateway to  
love.**

Be prepared; on this heart journey you may meet some challenges. If we are used to the normal states of consciousness, which are mind oriented, logical, filled with control, agenda, busyness and to-do lists... there may



well be some resistance from the parts of our self which are *invested in an identity* which helps us function in the world, and have been created by us to help us stay safe and support our way of relating. *These parts I call the protectors and gatekeepers . . . and once seen, they are truly a gift.*

As you begin your journey, relax and rest in an attitude of openness. Let whatever shows up be 'seen' and sensed with your awareness. Invite all the parts of you to be included in the heart journey. *Love includes all of us, no one, and nothing is excluded.*

*. . . and remember, you can't do it wrong, whatever is happening, is what IS happening.*



Meeting a protector or gatekeeper is a gift. It shows you a part of yourself, which is not fully aligned with the **real you** in the heart. Be *willing to open your gift*, and recognize the present that it is. As you open to the gifts without an agenda or need to fix, try or change anything... and here you can fall into grace and feel the gift of Presence. The protectors and gatekeepers can become allies and join you onward and inward into the heart. This is an integration of a part of you, which was separated from the real you. It has served you well, please acknowledge and honour this part of you. Only when you are true friends will it give up its job and join you in the heart.

You must be in your heart to truly love, acknowledge and honour your protector in a state of grace. It is from the heart connection that you can turn toward your protector, head bowed in recognition, with an open heart feeling love toward how it has cared for you for so long. After all, this is the most loving thing you can do, isn't it? It is a great blessing.

You can take the sacred journey to your heart many times, and each time it will be different. Stay without expectation and learn from what is ready to be shown to you. If you're ready to begin the guided audio journey, find a comfy place to sit, and let's begin. I'll see you on the other side . . .

### **What to do, if you need more support:**

There are certain situations, and past events/experiences, which may have happened to some which can make this sacred journey challenging, to do by your self. I would suggest giving it a go, and then re-reading the e-book to see if having had an initial journey you might be further supported by a review of these notes. I would love to hear more about your sacred journey to the heart, and you tell me more at [www.embodytruth.com](http://www.embodytruth.com) , or on the facebook Embody Truth page at <https://www.facebook.com/EmbodyTruth> .

It is well worth clearing the blocks that arise and sometimes having a guide, who is skilled in 'trauma healing' and energy work, can support your journey by helping to clear the unresolved past to arrive in the heart. If you're feeling the call for support you can contact me at [embodytruth@gmail.com](mailto:embodytruth@gmail.com)

We live in interesting times. In a worldview founded on survival, and struggle ***there is a call in the heart's of all people***, to live in alignment with 'ourselves', each other and the earth. My sincere wish is that through this heart journey you connect with that seed in your soul and choose to align with becoming, and remembering all that you already are. Being the change you wish to see in the world.

From my heart to yours,

Leanora, Embody Truth

Leanora is the creator and founder of Embody Truth. Through her own healing and realization she chooses to follow the path of her heart. Being guided from an embodied place of 'not knowing', and trusting. Her passion is to develop method and experiences to support the direct realization of truth through developing presence. She shares her work through online programs, one-on-one sessions, and workshops.



**Embodiment Truth . . . using a non-dual approach to healing and life, we can reclaim our power from the unresolved past, and embody our essence to become the love that we are.**

The circumstances of our world are calling all of us to shift our world-view and recognize the inherent interconnectedness of all life; everything and every one of us affects everything and everyone else. The work of Embodiment Truth is an invitation to recognize and embrace, the responsibility of this wonderful gift we have been given. It is an opportunity to learn to understand energy, heal yourself, master your life, and to live and become the change, which helps us all co-create heaven on earth. In this journey we come to a realization, of our unique authentic self-expression as part of the undivided unified field; here we can own our souls, and live our wholeness. [www.embodytruth.com](http://www.embodytruth.com)