

MANIFEST FROM THE



HEART

THE EASY WAY TO TAP INTO THE
UNBRIDLED POWER THAT CREATES REAL
PROSPERITY, HAPPINESS AND WELL-BEING

MANIFEST FROM THE HEART

'Heart-Core' Training Guide

By Henk J.M. Schram

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Introduction

What you're about to discover is quite literally 'mind-blowing:'

- ➡ Not only will you walk away with an enormously enhanced conception of your personal transformative powers and the greatly magnified sense of what's possible for your life that comes with it... *But what's more:*
- ➡ You'll discover a straightforward method to *quickly and positively* transform both *your own* world and that of *others* in ways *so pervasive and rewarding*, that you probably can't even begin to imagine its profound transformational effects, simply because it seems so simplistic.

This practical step of getting out of your mind and into your heart is truly the easiest thing to do, and it has endless personal benefits for anyone who does it with at least a minimal degree of genuineness.

Here's how this quick little training is set up:

- ➡ The first few sections set the stage for your ability to *appreciate* the jaw-dropping power of the concepts and skills you learn here.

They do so by giving you a concise outline of a number of little-known and often completely overlooked facts that illustrate why tapping into the power of your heart is more pervasive and effective than anything else when seeking to transform your world and your experience of life.

- ➡ After that, you'll learn a deceptively simple practice to actually *awaken this power* and translate it into tangible, real-world results. You'll be astonished that something so powerful can be so simple!

Be sure to apply everything you learn here, as soon as you possibly can. Because as you're about to discover, both your own well-being and the sake of the world in general depend on it! (<-- No pressure...)

Enjoy!

Matters of the Heart

Let me begin by asking you this:

Have you ever paid attention to the words we use when referring to feelings and emotions of gratitude, appreciation, love, passion, and so on?

We say things like:

- ✓ “It’s coming from the heart.”
- ✓ “A heartfelt thank you!”
- ✓ “I love you with all my heart.”
- ✓ “Thank you from the bottom of my heart.”
- ✓ “I put my heart into this.”

Or:

- ✓ “It broke my heart...”
- ✓ “It’s a real heartache...”

So what is this ‘heart’ we keep referring to really... aside from the blazingly obvious and beyond any vague cosmic optimism?

Let’s explore the *facts*...

The Human Heart

The human ‘heart’ is actually very much misunderstood:

- ➡ Most people see it as nothing more than a muscle that mechanically pumps around blood to circulate it in the body through all its veins and capillaries.
- ➡ Others have a more expansive view of it, and refer to it as the ‘heart chakra,’ which – according to tantric and yogic traditions – is the central ‘spinning wheel’ in a larger system of subtle energy vortices that permeate the various physical and subtle, ‘energetic’ dimensions of our bodies.

Either way, few people have a really clear and tangible image of what the heart really is and does, and its crucial importance and impact on the overall state of your *mind/body*-system on all its various levels (*<-- and thus indirectly on your ability to manifest the kind of life experience you long for*).

So for the sake of appreciating both its jaw-dropping power *as well as* its essential importance and impact on your energy, let’s go over a few interesting facts about the *heart* and how it influences four key aspects of life:



Please Note:

A deep understanding of any of these facts is not a prerequisite for being able to reap the benefits of this training. (*<-- So don’t worry about remembering all the details.*)

The following data merely illustrate the profound effectiveness of the simple techniques you’ll learn. And as such, it supports your ability to accept them as your truth and harvest their liberating and life-changing potential.

So if these facts are too scientific to your liking and merely cause you confusion, feel free to skip ahead to the next section. With that said, let’s dig in...

1. The Heart and Its Central Importance to Our Overall State of Being:

- ✓ We all know how changes in our emotions are accompanied by predictable physiological changes, like in heart rate, blood pressure, and other bodily functions.

So for the longest time it was assumed that this was the only relevant direction of communication in our bodies: we thought it was the *brain* that was exclusively responsible for the body’s reaction to a certain stimulus, by interpreting the environment and then signaling the appropriate response via the central nervous system to other parts of the body.

However, research has now shown that the *heart* actually has *its own logic*, which often deviates from this ‘regular’ direction of communication. *In fact:*

It turns out that the heart actually sends meaningful messages to the brain (*<-- i.e. the very opposite direction!*). In turn, the brain not only *understands* these signals, but also *obeys*

them [1]. And as such, the heart communicates with the brain in ways that have a significant impact on how we perceive and react to the world...

- ✓ Neurophysicists have actually discovered a neural pathway and mechanism through which the heart is able to *inhibit* and/or *facilitate* the brain's electrical activity, and by extension to influence the way we *perceive the world* and *make decisions* (<-- along with other cognitive processes that determine how we react in response to environmental cues) [2].

The latter process is explained in more detail in the second study guide in the complimentary 'Crack Your Egg' introduction series, which you can freely access [here](#).

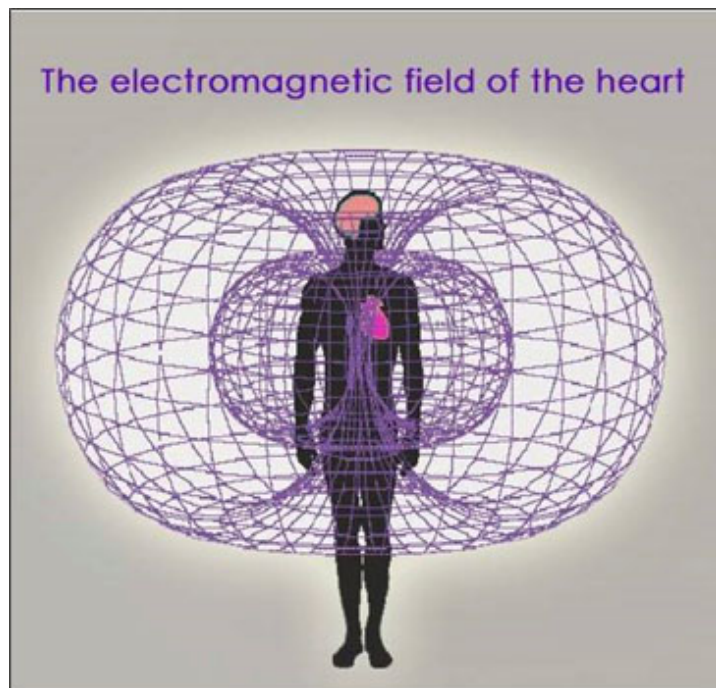
- ✓ Later research also shed light on what has become known as the 'heart brain,' a complex and sophisticated nervous system that's *intrinsic to the heart*, and consists of around 40,000 neurons called 'sensory neurites.'

With this nervous system of its own, the heart can independently learn, remember, feel, sense, and make functional decisions without involvement from the brain [3, 4].

- ✓ Another study on the heart revealed that it not only communicates information *physically* to the brain through the extensive neural pathways mentioned above, but also through *electromagnetic field interactions*.

According to Rollin McCraty, Director of Research at the [Institute of HeartMath](#), it turns out that the heart's electromagnetic field is the most powerful and most extensive one in the human body, and about *5,000 times stronger than the electromagnetic field of the brain*.

With sensitive measuring equipment called 'magneto-meters' it can be detected several feet away from the body, of which the image below gives a schematic impression [5]:



Graph reprinted by permission from HeartMath, Inc. 2017

And that brings us to the next illustration of how your 'heart' impacts your world...

2. The Heart and Its 'External Reach:'

Today we have concrete evidence of a subtle, yet highly influential electromagnetic (or 'energetic') communication system that operates just below our conscious awareness.

- ✓ Research by the Institute of HeartMath has shown remarkable evidence that the heart's electromagnetic field can transmit information *between different people*. At the time of writing this training guide, such energy exchange has so far been measured between individuals who were standing *up to five feet apart*.

McCraty proposes that energetic interactions through this field contribute to certain 'magnetic' attractions and/or repulsions that may occur between people, and may thus have a great impact on social relationships and interactions [6].

- ✓ It has also become clear that *one person's brain waves* can synchronize with *another person's heart*. This happened most notably when a person was generating a *coherent* heart rhythm – which suggests that when our *mind/body*-systems are in a harmonious state, we may become more aware of the heart fields of those around us, and more attuned to the information encoded in them.

But beyond that, the heart also greatly impacts another essential aspect of our well-being...

3. The Heart and Our Health:

- ✓ As mentioned before, we all know about the importance of the physical heart in its function as a muscle that pumps the blood through the body (*<-- of which it's worth noting that we actually treat it as our primary vital sign*).

However, the heart turns out to be *more* than just an organ in *other* respects too. For instance, it appears to operate as an actual *endocrine gland* that secretes hormones with various important functions:

- One of these hormones is called *atrial natriuretic factor* (ANF), which significantly influences the state of our bodies' blood vessels, kidneys, adrenal glands, and a large number of regulatory regions in the brain.
 - The heart also contains cells known as *intrinsic cardiac adrenergic* (ICA) cells, which release noradrenaline and dopamine neurotransmitters, which *also* affect the functioning of your brain.
 - Moreover, it secretes a hormone called *oxytocin*, which is commonly referred to as the 'love hormone' or 'bonding hormone.' It's involved in childbirth and lactation, as well as in cognition, tolerance, adaptation, complex sexual and maternal behaviors, the apprehension of social cues, and the establishment of enduring pair bonds.
- ✓ Furthermore, an interesting fact came out of research by David Vesely, MD, PhD, professor of medicine, molecular pharmacology and physiology at the University of South Florida. He discovered that heart hormones were able to get rid of up to 97% of all cancers in cell cultures within 24 hours [7]!

- ✓ Additionally, the Institute of HeartMath has established that the heart plays a fundamental role in *stabilizing* and *destabilizing* emotions, and harmonizing and disturbing the interaction between *itself*, the *central nervous system* and the *brain*.

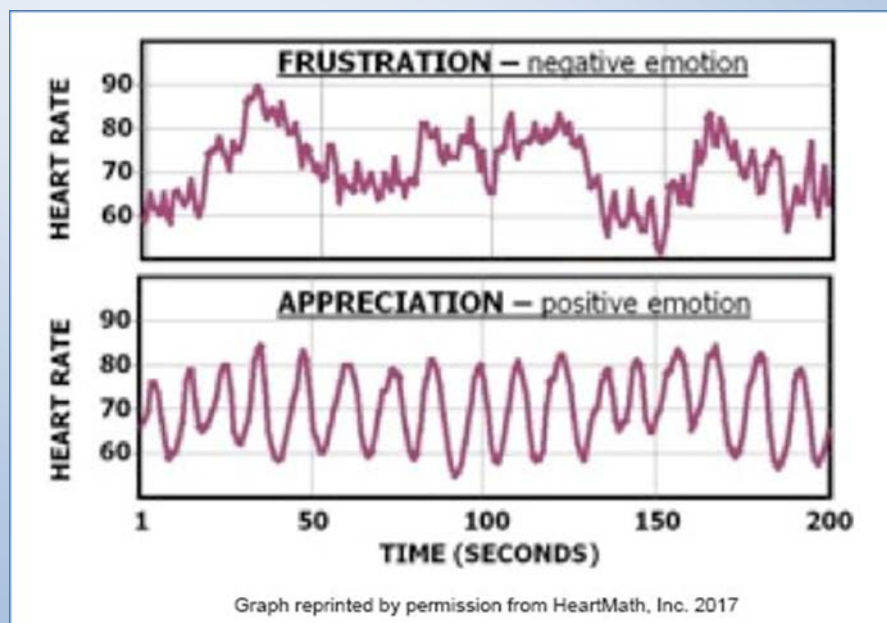
When these three systems are out of synch, we feel completely incoherent (<-- or in scientific terms: like crap) [8, 9].

- ✓ Beyond all the above, considerable research has demonstrated that dark and gloomy emotional states generate imbalanced heart rhythm patterns. This, in turn, distorts the relationship between the *heart*, the *central nervous system* and the *brain*. And when that happens, we feel like all proverbial hell is breaking loose *mentally*, *emotionally* and even *physically*.

In fact, this illustrates the actuality of ‘heart-ache,’ how stress and other emotions can cause heart attacks, and why people can actually die from a ‘broken heart.’ The impact of an emotionally traumatic or shocking experience can simply trigger severely incoherent heart rhythms, with all the physical consequences that entail.

Just so you know:

Love, compassion, caring and appreciation have been shown to do the *opposite*: they actually lead to *coherent* heart rhythm patterns, of which the graph below gives an impression:



And to conclude this exploration, here’s another interesting area in which the heart turns out to play a big role...

4. The Heart and Intuitive Perception

- ✓ The heart appears to take part in the processing and decoding of intuitive information. Its electromagnetic field turns out to be directly involved in intuitive perception through its coupling with an energetic information field that resides *beyond* the boundaries of space and time [10]. *And brace yourself for this one:*

- ✓ Other research revealed evidence that both the heart and the brain receive and respond to information about a future event before the event actually happens! But what's even more striking:

The heart appears to receive this intuitive information before the brain does [11, 12]!

That's probably why we say "I knew it in my heart" and "follow your heart:"

This is where we actually *feel* 'intuitive knowing;' when we intuitively *know* something, we don't sit down and think it through. We just know it; it's there, in an instant.

With this type of *knowing*, there's no need to ponder the *ifs, buts, pros, cons*, etc. in an attempt to try and work it all out on an *intellectual* level – that's what the *mind* does with the help of the *brain*. By contrast, the *heart* knows instantaneously.

Of course, there's a lot more to be told about the heart. However, the above clearly illustrates how the human heart is much more than just a muscle that pumps around blood in the body. Evidently:

- ➡ It has a huge impact on the overall (energetic) state of our *mind/body*-systems...
- ➡ It significantly influences our health and well-being... *and:*
- ➡ Through its own, independent perceptive and broadcasting abilities, it fosters our ability to tune into our capacity for intuitive knowing, and even into our subtle connections with *other people* and '*life*' in general.

And that brings us to a related area of interest...

Hypercommunication

It's *not just* the *heart* that plays a central role in the 'subtle' connection and communication with others and the world around us...

There's a phenomenon known as 'hypercommunication,' where individual minds connect on a 'psychic,' intuitive level to form a joint communication network of sorts.

To get a clear understanding of how this works, think of an ant colony, which appears to be coordinated through exactly this type of subtle communication:

- ➡ When a queen ant is separated from her colony, the worker ants continue to build and construct the colony as if nothing ever changed, and as though they have some sort of blueprint for what to do. It doesn't really matter *where* the queen ant is, as long as she's *alive*.



- ➡ However, when the queen ant is *killed*, all work in the ant colony immediately ceases, as if nobody knows what to do anymore. Somehow the blueprint they used to be able to access has been taken 'offline.'

So apparently, there's some type of communication going on between the queen ant and the worker ants on 'subtle' levels that we're unable to directly detect:

They don't need to be in physical contact or proximity for this communication to occur – it takes place on a more 'energetic' level, outside the bandwidth of the identified electromagnetic spectrum.

Because of this aspect of 'non-locality,' a different way to describe such 'hypercommunication' could be 'quantum communication.'

The research we explored in the previous section also suggests that aside from on a 'physical level' alone, we humans can connect with each other through this type of quantum communication as well (<-- for example: when one person's brain synchronizes with another person's heart).

And to add to that, contemporary research into the nature of DNA suggests the same thing [13]:

- ➡ Russian biophysicist and molecular biologist Pjotr Garjajev has found that the 90% of DNA (probably even more) that's often so ludicrously explained away as 'junk' (<-- *as if more than 90% of this stuff is all there for nothing*) does indeed have complex properties.

- ➡ According to him and his team, DNA is *not* merely used to coordinate protein synthesis in our bodies (<-- *which is what the 10% that mainstream science focuses on is for*). Instead, the other parts of our DNA seem to actually be used as a medium for *storage* and *reception of information*, as well as for *hypercommunication*.
- ➡ Garjajev and his group analyzed the vibrational response of DNA, and concluded that it can function much like networked intelligence, allowing for *hypercommunication* amongst all sentient beings. They demonstrated how DNA operates through resonance and vibratory frequencies, and how it can be modified through the impact of external frequencies.

There's a lot more to say about Garjajev's studies – and truth be told, it doesn't seem like they've been replicated by other scientists at the time of writing this training guide. Nevertheless, it could be a first stepping stone towards the scientific explanation for some pretty amazing phenomena (such as spontaneous remission and self-healing, remote acts of healing, intuition, etc.).

Either way, the information about the heart and DNA outlined above clearly illustrates our inherent ability to mutually connect and influence the world around us in subtle, yet truly astonishing ways that we may not always realize, because they take place on levels beyond our conscious awareness.

This ability allows us to pull off surprising feats that might be regarded as almost 'magical' from our common perception of reality... both for ourselves and others... especially when we consciously join, connect and align on a more collective level.

As illustrations, consider examples like these:

- ➡ You've probably heard of the group of transcendental meditators in Washington D.C. that collectively focused on the intent to increase their mental and emotional harmony, thus contributing to an overall decrease of stress in the area.



The study was just a temporary experiment involving 4,000 meditators, but still it turned out to significantly decrease Washington D.C.'s crime rate during the experiment.

But moreover, based on the study's results, the *long-term* effect that a permanent group of 4,000 participants in the meditation program would have, was calculated to be a 48% reduction in the number of homicides, rapes, and assaults in the District of Columbia [14].

That's huge, especially considering the fact that nobody really did anything but meditate and work on their own mental and emotional harmony to elicit this effect!

- ➡ And then there's the '[Global Consciousness Project](#).' This endeavor was initiated in 1998 out of Princeton University to study the impact of human consciousness on the 'real' world.

The project uses so-called 'random event generators' (<-- 'electrogaigrams' or EGGs) that are installed on every continent and with nodes on more than 50 locations. The goal is to observe whether human consciousness can influence the outcome of random events.

The project still continues till this day and has concluded so far that...:

"The results are evidence that the physical world and our mental world of information and meaning are linked in ways that we don't yet understand." [15]

Or maybe we actually *do* understand these ways:

As you can read in the second study guide of the [Crack Your Egg Introduction Series](#), experiments have demonstrated that DNA can imprint information into energy fields (<-- referred to as the 'DNA Phantom Effect'), and the explained 'hypercommunication' could be a valid clarification of this 'link.'

So in summary, it seems like we can communicate and connect with each other through heart and DNA transmissions, and probably on deeper levels of consciousness as well.

It appears that we're all seamlessly connected to *everyone* and *everything else*, which offers fascinating and mind-boggling opportunities to draw amazing things into our experience – *at least once we take conscious control of our energy fields and their 'hypercommunicative' broadcast.*

This way, we can establish amazing, positive and tremendously rewarding transformations in both *our own lives*, as well as the lives of *everyone else* while we're at it.

Here's how...

How To Get More Of What We Really Want

To deliberately influence our lives, realities and destinies in a way that gets us more of what we really want out of life, an absolute prerequisite is to establish inner coherence and harmony, which automatically brings about more harmony in other people and the world around us as well.

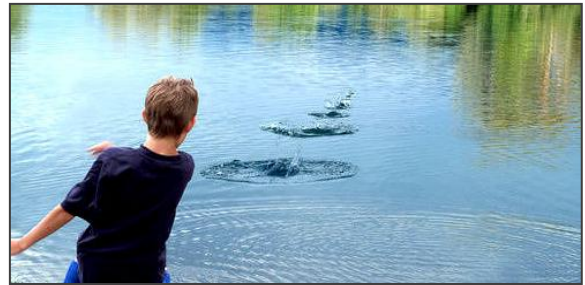
Such *integrity* is the basic state from where we can manifest more and more rewarding experiences, and build the kind of forward momentum that instigates ‘upward spirals’ of ever-growing success and fulfillment in our lives, which will reflect in *any* area – be it our finances, health, emotional well-being, relationships, or our general effectiveness in realizing our goals and aspirations.

So how do we get into such a state of integrity, coherence and harmony?

There are various aspects and caveats to the process (<-- which we'll explore as we progress on this training). But in short, it requires a shift in consciousness. And there's an extremely simple way to instigate one. Look at it this way:

- ➡ Physicists know how a wave can propagate itself quite far through a medium. Think of throwing a stone into a pond:

The resulting waves will continue to affect the water long after the stone has sunk to the bottom.



We experience something like this every day through all the negativity that's constantly imposed upon us, for example through the constant fear-mongering of the mass media:

- ✓ Day after day we're bombarded with repetitive stings of reports that almost invariably communicate the implicit message that we need to constantly be on guard for bad things to happen and mistrust other people.
- ✓ And this keeps the great majority of us in the same state of mind that actually *instigates* the very 'waves of negativity' that may ultimately cause those disturbing events reported on the news.

Such currents keep propagating. And as more and more people pick up on them, they keep growing stronger – much like the amplitude of a wave increases when multiple waves resonate and synchronize. Before we know it, things get worse and worse.

What most people don't realize is that this doesn't just occur on an *individual* level, but also on a *collective* level.

While we have our own *individual* consciousness and perspective of reality, the research outlined in the previous sections illustrates how we're also seamlessly part of a '*collective* consciousness.'

Thus, what we see happening on a global scale can be seen as a reflection of the overall state of the collective human mind.



Put simply:

If humanity as a whole doesn't *like, love* and *respect* itself, it will create a reality that reflects that state of (collective) mind on this planet. It will bring about the physical manifestations that reflect its own sense of self-worth and potential. In straightforward terms:

Take a look at the overall state of the world, and you'll have a good impression of the overall state of the collective human mind.

But because of this seamless connection, there's always something we can do *ourselves*... Beyond the huge, positive effect this has on our *individual* state, it will also extend to a *collective* scale (even though it may not be immediately apparent), *and then come back to us with increased amplitude – i.e. enormously elevated strength!*

- ➡ In this context, it's worth realizing that everything we *think, say* and *do* makes waves in the collective human mind in a way that's akin to throwing a rock into a pond. For example:

- ✓ If you walk into a shop and you're nasty and unpleasant to the person working there, he or she'll get angry and upset.

After you're gone, they'll be less than pleasant to their next customer or their spouse and kids. This will upset *them* too, and so it goes on... The 'wave of nastiness' keeps propagating.

- ✓ But on the other hand, if you knock on the door of the boss that no one likes and say you think he's doing a great job and what a pleasure it is to work for him, you'll probably make his day. No one will have said that to him before.

He'll be uplifted by the compliment, and chances are *that's* going to be reflected in the way he treats the rest of his staff.

In turn, these people feel happier and enjoy their work more, and so they'll be more pleasant to their families when they come home. The 'wave of being nice' keeps propagating.

So how you treat other people in the grocery store, at the office, at the bar, or wherever may not appear to be revolutionary... but it is. It starts with the little things, and before you know it, the small waves you make can turn into a tidal wave of consciousness transformation that impact the whole of humanity.

This is akin to what's dubbed the *Butterfly Effect*: a butterfly that flaps its wings on one side of the world might ultimately be the source of a typhoon on the other end of the world.

You can instigate such a process to your own benefit and to the benefit of many others. And if momentum does indeed build, it can mark the beginning of a tidal wave of a consciousness shift.

How?

By simply throwing a small (symbolic) rock into the pond of collective human mind.

And to do so is child's play. Let me explain...

Making Waves In The Collective Human Mind

Here's an extremely simple way to instigate a shift, both in your own world and that of others:

- ➡ **Give another person a compliment. Be sure it's genuine and comes "from the heart." Make some waves this way, and deliberately spread the good vibes.**

This will *not only* instigate a current of 'pleasantness' that will eventually return to you much more powerfully than how you started it. What's more, it will implicitly put your focus on what's good in your world right now, and thus automatically put you in a 'positive vibe.'

Note that would be an automatic effect – you won't need any manufactured 'gratitude' or mentally-enforced positivity. After all: in order to make a genuine compliment, there's no way around finding something positive – it's an automatic effect implied in the act itself. (<-- And of course, it has a wonderful effect on the receiving party as well.)

As illustration, think if the genuine laugh and the sparkling eyes of a kid when getting a genuine compliment or hearing rewarding words of encouragement after doing something good – you can actually see them 'lighting up.'



Actively giving a compliment can have a similar effect on *yourself* too (<-- *as it does on others*), provided you do it genuinely. Just try it and see for yourself.

Do this once every day, at the very least. But realize there's no upper limit to the frequency, as long as you do it genuinely and 'from the heart.'

And secondly, by the same token:

- ➡ **Every time someone gives you a compliment or does something nice for you, say "thank you," and mean it. In addition, immediately reinforce the feeling by telling yourself: "I deserve this."**

Much of what you ask for in life is delivered through other people, so be ready to receive it as such. Responding as described above is a simple way to learn to open yourself up to receiving the good things in life, which happens to be something a lot of people struggle with and one of the main reasons they never seem to be able to 'manifest their desires.'

Don't act as if you don't deserve it or say things like *"oh, it was nothing"* or *"I can't accept this."* Because you *can (and you will)*. In fact, you need to train yourself to do so as quickly as possible if for some reason this is difficult for you and you want your life to get better.

Act a bit like [you're a kid](#) whose perception isn't yet distorted through all kinds of mental and emotional filters. Stop accepting your conditioned mind's justifications for supposedly *not* deserving it, or for distrusting the other party... assuming they don't really mean it and are just saying it out of manipulating motives and/or to make you feel better.

Stick to this practice, and such resistance will soon fade.

If done genuinely and consistently, a routine as simple as this can make a *huge* difference in yourself, those around you, and even the world in general. In summary:

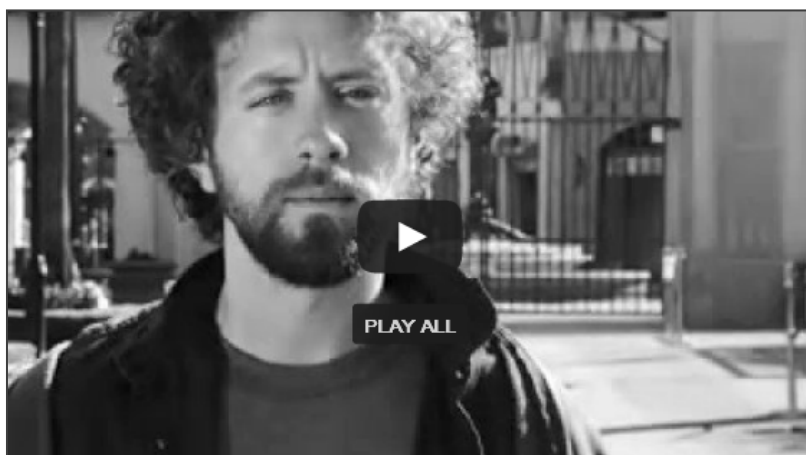
- ➡ As you've seen, *actively* and *deliberately* giving out genuine appreciation and gratitude works wonders in generating harmony in the state of your own mind/body-system. It will expand your heart and increase the power of its electromagnetic field.
- ➡ You've also seen how, in turn, this positively impacts your health, your ability to connect with others, your capacity to tune into your innate intuitive perception, and the nature of your life experience in general.
- ➡ And finally, you've seen the limitless potential for such coherent and harmonious vibes to spread out to the rest of humanity... even way beyond your physical proximity.

And the best thing is that it's the simplest act to perform. So let me do the honors of kicking this thing off:

You, my friend, are amazing! Thank you from the bottom of my heart for being part of my experience. I think you're awesome. There's a magic running through your soul, I believe in you, and I can truly see great things happening for you! (And I mean it.)

Now go out there, make some waves of your own, and spread the good vibes!

P.S. Below is a short film that became popular a while ago, which makes up an entertaining illustration of the concept of this training guide (<-- *just click on it, and you'll be taken to a page where it will start playing*).



In my humble opinion it starts off a little cheesy, but the story takes off after about four minutes and is definitely worth watching! (<-- *After watching, turn the page for some final words of importance!*)

Conclusion

To *genuinely* ‘manifest from the heart’ is absolutely and *by far* the most powerful and rewarding way to get more of what you truly want out of life. In fact, it’s the starting point from which *any* other ‘manifesting’ technique, trick, or ‘gimmick’ becomes effective.

Simply put:

- ➡ If your *heart* is not in it, then try as you might – but the people, situations and circumstances you pull into your life will hardly ever match the visions, hopes and expectations you had of them.
- ➡ However, if your *heart is* in it, you’ll appear to draw the very kinds of people, situations and circumstances into your life that *do* reflect the nature of the dreams and aspirations you hold, and that strongly facilitate their coming to pass.

Without such a fundamental orientation of heartfelt connection with ‘life’ on both the *giving* and the *receiving* end, *nothing* will seem to go your way, and you never seem to get the results we want.

So to get the kind of results you long for, it’s paramount that you come from the heart. It’s the starting point from which all else follows. It will reflect in your health, relationships, wealth, intuition and general sense of well-being in life.

This training guide shared an extremely simple way to *spark, arouse* and *energize* such a fundamental, *heartfelt* orientation.

Make it your goal to turn the two simple practices you’ve learned into an automatic habit. To do so, incorporate them in your *daily* routine for at least 90 consecutive days (<-- if you skipped a day, start all over until you’ve consciously put them in practice for 90 consecutive days).



Please Note:

In our upcoming interactions we’ll expand on this practice with highly-effective strategies to *increase* its effects *exponentially*, and to become a lot more effective at manifesting the kind of life you crave – whichever area is your primary focus for improvement right now (<-- be it money, health, relationships, emotional well-being, etc.).

Now as a little heads-up (and a word of warning):

- ➡ Practicing the routine as suggested in this training guide may feel a little awkward during the first two weeks of doing so. But keep it up, and it will soon become second nature!
- ➡ And once it does, I guarantee that the nature of your life experience will begin to exceed your expectations, and transform into a very pleasurable and rewarding one!

Just do it... consistently and genuinely... from the heart... and you’ll see for yourself.

Let me know how it goes!

Final Words:

The Bigger Picture

For many, the simple practice of this training guide alone will be enough to make the kinds of shifts they want in their lives. All they need is a little twist in perspective and attitude for their world to begin transforming in all kinds of wonderful ways.

Unfortunately, for most of us such a small tweak alone isn't enough to reap all the benefits, and we need to add a little more fuel to the fire:

That's why you too may benefit enormously from more detailed guidance on how to fully unleash and consciously direct the *humongous* wellspring of energy and power that each and every single one of us harbors in our *heart*. And [that's exactly what you'll learn how to do here](#).

Make no mistake: learning how to shape, siphon and direct your Heart-Core Power can be truly life-altering! Because once the energy of your heart is set free and channeled into everything you do, you'll notice that...:

- ➡ Your power and ability to actualize your visions and aspirations increases exponentially, and the world will actually seem to come to your aid in helping them come to pass. *And what's more:*
- ➡ You'll always feel *strong, aligned and powerful... consistently effective, efficient and positively inspired... experiencing a much greater sense of happiness, joy and exaltation* in life than ever before.

Indeed, learning how to [cultivate your Heart-Core Power](#) is the most empowering thing you can ever do to consciously apply the ever-expanding power of our 'heart and soul' to both your own benefit and the greater good of the world at large. So here's how you can do that:



How To Fully Unleash Your 'Heart-Core Power:'

Regrettably, our society, education and upbringing typically don't teach us how to cultivate our *Heart-Core Power* (<-- typically, they rather do the opposite)...

In fact, contrary to popular belief, even most personal development programs, methods and trainings take a self-defeating approach toward this aim (<-- explained here), sometimes even leaving us worse off than before we started...

Fortunately, there's a different route we can take:

If you too would like to reap the benefits of the most *meticulous, straightforward and high-leverage* process to *fully unleash and consciously direct* your *Heart-Core Power*, then [click here now to learn how](#). You'll soon notice yourself enjoying...:

- ➡ Greatly enhanced gusto, inspiration and excitement for your life...
- ➡ A much stronger sense of intuition and connection to the world at large, as if you're part of something much bigger than a random, isolated existence...

- ➡ More frequently occurring “coincidences,” serendipities and synchronicities that support and empower you on the path towards making your visions reality, as if there’s a bigger plan behind it all...
- ➡ *And much more!*

All that (and more) is the product of cultivating your natural-born Heart-Core Power, and you too can [learn how to do that in the most effective and straightforward way possible](#).

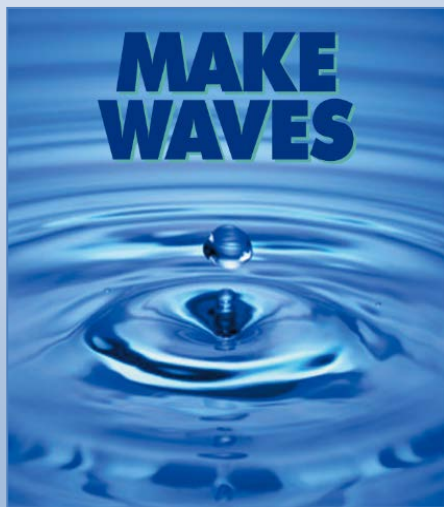
For now, I hope you’ve enjoyed the information so far!

Begin to ‘manifest from your heart’ today, make it a natural habit, and build up ever-growing momentum:

- ➡ Simply include the things you’ve learned in this training guide into your daily routine...
- ➡ And when you’re ready to take things to the next level, [check out the Heart-Core Power training that awaits you here](#).

For sure, I look forward to hearing about your awesome experiences and outrageous success stories on this process.

See you soon!



Spread The Good Vibes!

Feel Free To Share This Training With
Anyone You Like By Simply Passing It On!

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