

# HEART CENTER

*Changing The World One Heart At A Time*



*"Through heart centered classes, sessions, and service we assist individuals in achieving focus, balance, and integration in all aspects of their*

[www.heartcenteredliving.net](http://www.heartcenteredliving.net)

February, 2008

Dear Friends,

As we begin the year 2008, we have began a new energy. I have reflected on the past year, 2007 and would like to share with you some of the changes that I have been reflecting on personally and at the Heart Center. I enjoy reading back through my journal of all the guidance I have been given and what I have been through. This is just my way of preparing for the New Year, 2008

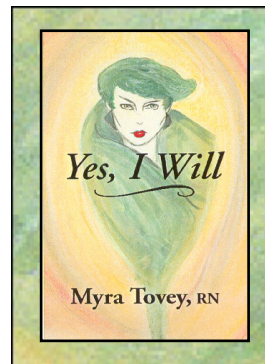
Two new programs have been developed, in addition to the current Facilitator Program, The Legacy Program and The Educator Program. The Legacy Program was created in an effort to ensure that my work will carry on after my retirement from Heart Center and The Educator Program for those who live outside of Colorado.

I had several important dreams this past year. One that really struck a chord with me was a dream with Janet Mentgen, RN, the founder of Healing Touch Programs, in which she taught me in the dream a technique called "laser focus." To me, this dream means to stay focused on teaching my work with Heart Centered Living. It can be easy to get distracted in today's world with so much information. When I get distracted, I have the awareness to focus at my Heart Center which brings me back into balance. Awareness is the first step to heart centered living. This dream continues to influence me in my daily living.

I have been featured twice this past year in Energy Magazine as the Instructor of the month and when I wrote an article on the four attributes of the heart. My article on the four attributes of the heart will now be included in the new Healing Touch Level 2 notebooks.

At Heart Center we teach the principles of heart centered living and we work on expanding consciousness. It has been amazing to me how often I have run into similar streams of information this year. Candace Pert PhD talks about molecules of emotions and has written several books, Jean Watson RN, PhD is focusing on

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Myra's book, written in 2003, tells of her traditional foundation as an RN and decision to choose a life of heart centered living. This book shares her experiences of hope, healing and transformation through the words, "yes, I will."

bringing caring back into the nursing field. In September, HTI conference theme was focused on Consciousness. The Institute of Heart Math is conducting research on the heart and the power of emotions. It is exciting to see these ideas are becoming more main stream.

Heart Center has now changed its motto from "A Center for Heart Focused Living" to "Changing the World One Heart at a Time". We feel that this more clearly reflects our purpose at the Heart Center.

The intention that I am setting for 2008 is to continue assisting others in developing their consciousness by reminding them to begin with their Heart Center and work on expanding this new level for both myself and Heart Center.

*Myra Tovey*



### What Heart Centered Living Means To Me

I'm an oncology nurse and I first heard Myra speak about Healing Touch and energy work about 3 years ago at the cancer center I work at in Colorado Springs. One of our nurses in the center invited Myra to speak about Healing Touch and how it could help our patients and our staff. I was very interested in her talk and wanted to learn more about energy work, but life was busy then and I did not follow through. Then Myra came to our hospital again about a year ago and spoke about Heart Centered Living. My ears perked up and when we did a heart to heart exercise I knew this was something I had to learn more about. Centering at the heart and sharing that energy with a stranger at this lecture was such a peaceful and energizing experience that I made it a gift to myself to take Myra's classes and learn how to live this way.

I have been training as a facilitator with Myra at the Heart Center since March 2007 and am close to finishing my training. This past year has truly been a gift. I had been doing a lot of soul searching and self work before I started my training and was feeling that I was becoming clear about what I wanted in life. I still have fear at times, but by centering at my heart I connect with what is right for me. I no longer look to other people's opinions or lifestyles to influence my life decisions. I am confident about who I am and what I need in life, and that's a great feeling.

A few things have become clear to me as a nurse regarding the health of our society. I have worked with oncology patients for over 15 years now and I have always been so amazed at the human spirit and what it can overcome in times of crisis. But as I sit at lectures and learn about the physiology and newest treatments for cancer I couldn't help but wonder if there was something more that I could do for my patients. It is true we have amazing research and new drugs and treatments that are saving people's lives. However I would see people saved physically and lost spiritually. It took everything they had to survive their treatment and then they looked lost. What I see in energy work is a way to keep connected to our souls, our spirit, that part of us that is more than physical. There are physiological benefits to energy work that I think are essential for our cancer patients, but what strikes me as a national health need is connecting to our hearts, and what brings us joy in life. Our culture is fast paced and there is no way we can listen to what our hearts are saying unless we slow down. To listen to our hearts does not take long, but it does take training. It goes against what we are taught to do all our lives, to think, to accomplish tasks, to be polite to others, and set goals. These are not bad things in themselves, but there is more to life than this.

Every night I take time to be thankful for all the wonderful things I experienced during the day and taking time to heart center in the morning is always at the top of my list. It is a way to meditate that is so natural for me. Listening to my heart is listening to my dreams. It is fun and I can't wait to hear what it has to say every day. I sincerely hope others can experience this joy and learn to listen to their hearts.

From My Heart to Yours,  
Brenda Disparti, RN,BSN,OCN

### Heart Center Thanks You!

We at the Heart Center would like to extend our warm feelings and gratitude for all of you who have contributed to the beginning of what we feel is something special.

It is important to recognize all of the assistance that you have provided us as we have worked hard to get Heart Center started. Thank you for your attendance at all of our functions, thank you for passing along our emails to your email lists, and for the wonderful feedback you have given and continue to give. Thank you for the Heart energy you send our way when you think of us.

So many of you have taken the time to call, write, send cards or email over this last year which has meant so much to us. We greatly appreciate all of your support. As we are feeling our gratitude for you please read below as we have included some of our favorite quotes on gratitude.

"Learn everything you can, anytime you can, from anyone you can - there will always come a time when you will be grateful you did." Sarah Caldwell

"When you are grateful fear disappears and abundance appears." Anthony Robbins

"Gratitude is when memory is stored in the heart and not in the mind." Lionel Hampton

Myra Tovey RN, BS, CHTP/I, HNC is also available for speaking engagements. Please call 719-622-0703

Jennifer Garner RN - Individual Spiritual Direction appointments ~ By Appointment - 719-231-0293

Susan R. Comeau LPC 719.290.6619  
Heart Centered Living Facilitator and Licensed Counselor  
Offering EMDR / Counseling with Flexible Appointment Times and Sliding Scale Fees

#### Dr. David Tovey

Opera Theatre of the Rockies celebrates its 10<sup>th</sup> anniversary with Bizet's beloved *Carmen* on March 1 & 2, 2008. Tickets on Sale now~ <http://ticketswest.rdl.com>

The production of this famous melody-filled delight! features professional orchestra, chorus, flamenco dancers and principal performers with complete sets and lighting. Plan to go and see our own David Tovey & Patti Grandel in *Carmen*

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