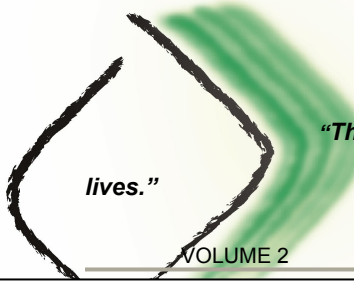


# HEART CENTER

## A CENTER FOR HEART FOCUSED LIVING



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

VOLUME 2

NUMBER 1

FEBRUARY 2006

Dear friends,

As you'll see in the schedule of classes, I have an upcoming workshop May 6 and 7 – *Heart Centered Living*.

This workshop is the culmination of workshops I have taught since 1980. You might say that the *Heart Centered Living* workshop is the "heart" of our work. Our mission statement clearly states what our purpose is: *"through heart centered classes, sessions, and services, we assist individuals in achieving focus, balance, and integration in all aspects of life."*

This workshop, though, is not just another workshop; I believe it to be life changing. Through dreamwork, storytelling, heart centered experiential exercises, and energy work; you will have new perceptions of life. The workshop includes a 32 page workbook. What follows is an excerpt from the *Heart Centered Living* workbook:

*As a teacher of many workshops and classes, I have found that most people, when given a choice, prefer a quieter mental state associated with heart centeredness to that of mental confusion or emotional chaos. Although it is hard to quiet one's mind in today's busy world, heart centering is an effective tool for personal development. The heart does not judge, compare or need to understand in order to do its work. All of the work done in the Heart centered Living workshops is for the purpose of learning how to live a heart centered life.*

### **What is Heart Centered Living?**

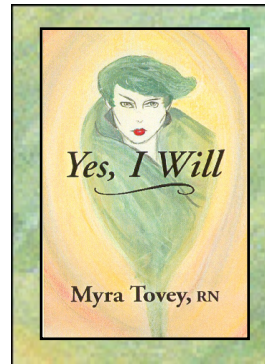
*Living through the Heart Center has many advantages. One lives life in the present time, not the future or the past events or worries. The heart does not judge, which brings relationships back to balance and wholeness. The heart centered way of living helps one handle stressful situations without blame or projections. It also is a healthier way to live:*

*Steps of Heart Centered Living:*

- 1 – Awareness that one needs to change
- 2 – Awareness that one CAN change
- 3 – A desire to change
- 4 – Choice - to live a more focused, balanced life
- 5 – Daily Heart Centering

*To focus on priority tasks:*

*Living in the present - reduces mind chatter*



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."

### ***Illness and Healing through Heart Centered Living***

(Myra's Heart Centered recovery from Vol. 1 Num. 1 continued)

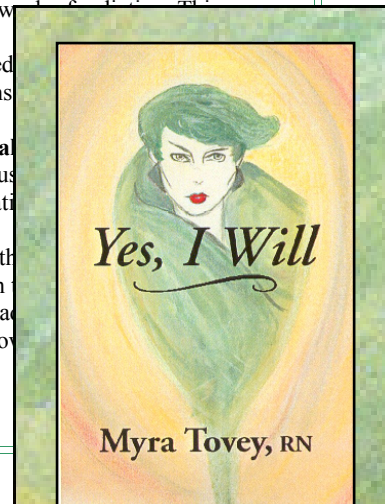
In August, I was faced with three options; One week radiation with seventeen catheters inserted into my right breast, six long weeks of radiation therapy or do nothing. At first, I strongly considered doing nothing based on the test results on my tumor and lymph nodes. After consulting with both holistic and traditional professionals, I took some quiet time and explored the energy of all these options. The only course of action that I could sense an expansion of energy from was the one week course of radiation.

My decision was to do the one week radiation treatment. This required quite invasive surgery (I had 17 catheters inserted into my right breast!) The healing process after the radiation was much quicker than after the lumpectomy. I attribute the rapid healing to both my inner work and preparation for the treatment as well as the 10 healing sessions I had during the week. My preparation included:

**Healing Touch** – I received day after each treatment. The sessions of the treatment.

**Command Therapy Visualization** developed by Brugh Joy, M.D., and used by radiation patients. I did this visualization treatment. (Pg. 150-154 *Joy's Way*)

**Dreamwork** – Seven months before breast cancer, I had one dream which was through disease. Since then, I have had dreams which have given me directions and insight on how to live on a daily basis.



“Illness affects the energy system. Energy is drained through fear, anxiety, and non-productive discussions. As an example, it can be exhausting to be with people who play games, etc.

To restore and maintain optimal energy we need to:

1. Face our fears. Fear carries a powerful creative energy.
2. Feel true compassion for self. Let compassion awaken a gratitude for who you are today.
3. Raise self esteem until we are not affected by approval or criticism.
4. Not to give others our power. It's about making choices.”

(steps of Heart Centered Living)

-Christine Page, MD

## Dates of Upcoming Classes:

### Heart Centered Living Workshop

May 6-7, 2006 9am-5pm

6618 Showhorse Court

Price: \$175.00

### Healing Touch and the Principles of Hypnosis

May 20-21, 2006 9am-6pm

Contact Pat Jeski – (631) 727-4156

Riverhead, New York

Price: \$225.00

### Healing Touch Level 1

July 8-9, 2006 9am-6pm

Bodyworks Massage School

2592 Palmer Park

Price: \$225.00

### Healing Touch Level 2

April 28-29, 2006 9am-6pm

Bodyworks Massage School

2592 Palmer Park

Price: \$225.00

### Dreamwork Support Group

March 13, 6:15pm

April 10, 6:15pm

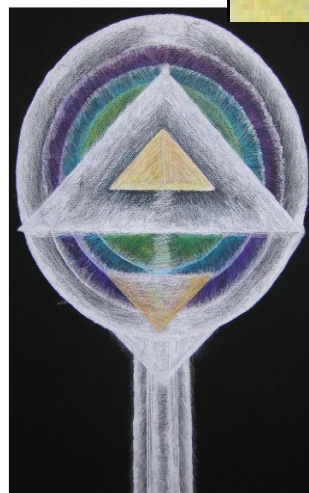
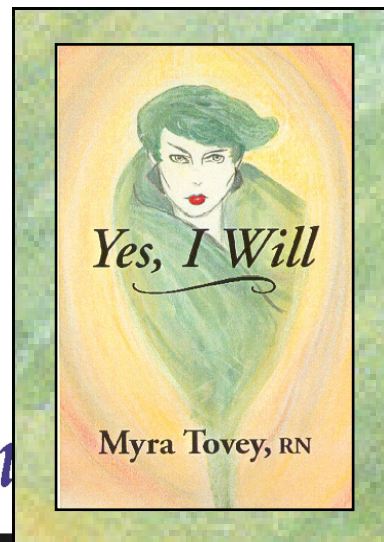
May 8, 6:15pm

6618 Showhorse Court

Price: \$10.00

Call Myra for reservations at 719-622-0703

## The Awakened



## A meditation on attributes of the heart center.

Myra Tovey

### The Awakened Heart

A Meditation CD featuring a score composed by Dr. David Tovey and a meditation exercise led by Myra Tovey RN designed to help quiet your mind, focus and relax.

It is available for purchase at 719-622-0703

or at

[myratovey.com](http://myratovey.com)

