# 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."***

**www.heartcenteredliving.net** **July 2007**

Dear Friends,

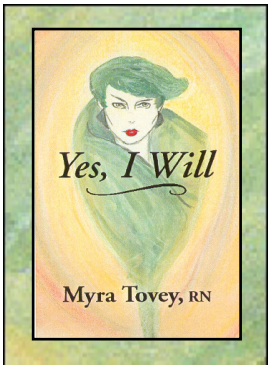
It has been awhile since our last newsletter. Exciting times continue at the Heart Center. Since March the facilitator program has grown. We now have five graduates, and seven in training.

Since May, we have a staff that meets weekly. Each staff member will share their wisdom in this newsletter. Staff attended a retreat and our commitment to living a heart centered life, and also to teaching others this focused way to live was deepened. We met to evaluate how far Heart Center has come and explore our intentions for growth and expansion in the future. At the retreat our focus was threefold: our own individual work; then we expanded this to the group we are building at the Heart Center and finally discussed bringing Heart Center to the community.

I would like to share the reflections I had on my own personal experiences: March through May was a time of deepening for me. When I go through "energy shifts", I feel it physically, such as aches in certain parts of my body or a buzzing sound in my ears. My dreams and daily written guidance help me to stay focused on my purpose. As I wrote in my book, "Yes I Will" I have been told for years that my purpose is to awaken hearts, heal souls, and lead. I believe we are all teachers, we teach by our words, our example and knowledge.

In closing, to all my fellow teachers, I would like to share this quote from "Joy's Way" written by Dr. Brugh Joy "Not one great teacher has escaped the personality development phase of human awareness and most of them have spent a large part of their lives in clearing out the clutter of their outer – mind conditioning. No teacher remains in expanded states for indefinite periods of time. Appreciate them when they are, and appreciate them when they are not." When the student is ready, the teacher appears.

***Myra Tovey***




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."

## Heart Center

PRESENTS:

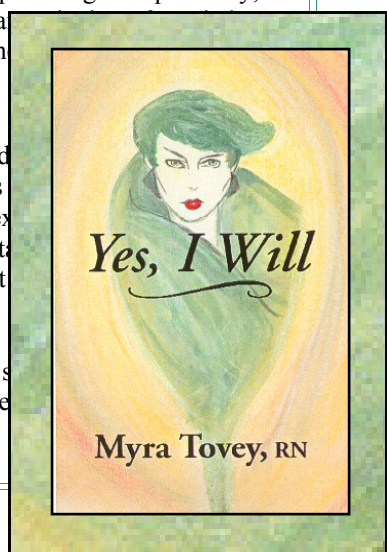
David Tovey, Patti Grandel, and Jolene Edwards in concert!

**Sunday, July 22 7:00 pm. Admission is $5,**
**children under the age of 12 will be admitted free.**

Dear friends, in spite of all of my education, I have found that the best training I have ever had is the lessons for life I've received with heart centered living. The heart centered training has not only helped me grow spiritually, it has also made me a better musicia
something I love to share with oth
composer, and as a performer.

My concerts are becoming a blend
music. What unifies the programs
from my heart. I'm particularly ex
July 22 because I'm sharing the st
Patti Grandel, an excellent flautist
Jolene Edwards, a great pianist.

W We will perform flute and violin s
solos and duets AND Premiere
version of *Childhood's Promise* !



## EMDR-What is that?

By Susan R. Comeau LPC

As I work on building my client base here at the Heart Center a question that comes up as I am explaining what I do is – EMDR? What is that? I thought perhaps it might be a great idea to answer that question and share the many valuable uses I have found in my work with EMDR.

First of all, EMDR stands for Eye Movement Desensitizing and Reprocessing. It is a method for treating a whole range of problems, discomfort and emotional difficulties that are caused by disturbing life experiences. Francine Shapiro discovered this form of treatment in 1987, developed it and trained other practioners how to use it. It is a widely used form of therapy and most commonly thought of for PTSD (Post Traumatic Stress Disorder) and severe trauma.

I myself have used it with disturbing dreams, fear of dental treatments, anger, self esteem issues, respiratory ailments, nail biting and other compulsive behavior, grief following the breakup of a relationship, pain, sexual molestation and custody dilemmas. I could continue but that gives a pretty good idea wf "problems" that might benefit from EMDR.

If you are interested in learning more about how this could be useful for you or want to know more about the EMDR protocols. Please do not hesitate to call me at 719-290-6619 or email me at Suzi890801@msn.com. I am currently accepting Tri-Care insurance and private pay clients. I offer very flexible appointment times and a sliding fee scale.

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