



MODULE 2 – HEART CENTER

Hello everyone. Thank you for being here with me for MODULE 2 – THE HEART CENTER. I'm deeply honored to be sharing this ancient wisdom with you.

QUOTE (slide)

“Everything in the entire universe is made of unconditional love in motion, which resides in your heart center.”

~John English, shaman, teacher of ancient wisdom

Part of the beauty and power of this journey is that we get to share our challenges and everyone learns from them. It's very common for someone to be having a challenge right now that pops up in our own lives not too far down the road. In helping each other through challenges, we are able to learn something ourselves and know even more when we face it later on. Please know that sharing is a form of deep caring in that we all learn something from it.

CHECK IN (slide)

Let's do another introduction to make sure that we all get to know each other a little bit. I know a few of you could not make the first call. I'll start.

I'm Lisa Merrai, founder and creator of the Sovereign Woman Program©. I am a mom to four beautiful beings. I live in Park City, Utah. I created the Sovereign Woman Program© after over a decade of my own personal development work with a variety of healers and teachers. The core of this program comes from the Toltec Medicine Wheel and my teacher John English, who is part of a long lineage of Q'echua teachers in this (mostly) oral tradition.

Let's go around now....and please let me know if you have any questions about module one or anything else so far.

LET'S REVIEW (slide)

STOPPING THE INTERNAL DIALOG is first priority and is part of taking control of your awareness. In order to do this effectively, we need to understand why the dialog is happening in the first place.

EGO

The ego has two sides – the side that serves itself and the side that works FOR our **DREAMER** self, for our divine purpose. The ego is a servant. Unconscious or conscious, is up to us. The ego is the *little self*, it tends to take control of your awareness and you begin talking to yourself! This is referred to as internal dialog or self talk, mental chatter, etc. It's one of the targets of much meditation, to learn how to see/hear/ignore it.

Taking your awareness back from ego is a huge accomplishment and act of power. Simply noticing it and learning to move beyond it will leapfrog your ability to navigate life in tremendously powerful ways.

But it is a process and takes some time and practice.

Your ego will keep trying to control your awareness. Especially through triggers. Triggers are anything that creates stress, anxiety, anger, etc. Triggers mean that you are not in control of your awareness and emotional state. Triggers are a powerful mirror to help us see where we are losing power/energy.

Once you have established the process to stop the internal yammering of the little self ego, the ego's ability to control your awareness will never be the same.

FEAR

Fear is a powerful enemy of transformation. While this journey will bring you many benefits, we often fear and **RESIST** what we most desire. That's why so many do not get what they really want.

It's really critical that IF you feel fear in the form of excuses, **RESISTANCE** to any of the work you are being asked to do, please REACH OUT! And know that it's a good sign that you are tapping into blocks that may have kept you stuck for some time. Now is the time to really shift that!

RESISTANCE happens on many levels. Remember, nothing is at it appears to be! But we have some ideas on what is going on here...

HEART

Heart is the power of the universe! By feeling the heart center energy, you feel your real identity, the power of your Dreamer.

BODY

The beginning of creation exists within **your physical body**. We are going to talk about how and why that is the case.

CENTERS & CREATION (slide)

Let's review the energy centers as they are critical in how to stop the **internal dialog** so you can have the stillness, peace and power of creation at your disposal!

Many people don't know, and it has taken me some time to figure out that the beginning of creation and its power lives right inside YOUR physical body!

There are THREE energy centers involved in shifting the inner dialog. There is a central channel of energy runs right along your spine, connecting your HEART, SOLAR PLEXUS and DAN TIEN.

The **DAN TIEN** (*earth*, the physical universe) – from Chinese medicine, 2 inches below the navel and 2 inches inside the body. This is not a chakra. Focusing your attention in this channel of energy gives you a connection to the power of manifestation on the physical plane. Focus your attention on the DAN TIEN when you really need to shift awareness off the mind. I find it feels very grounded.

The **SOLAR PLEXUS** (the *void*) – There is a gentle stillness in this center, where massive potential resides. This is the home of your **WILL**. Focus your attention on the SOLAR PLEXUS for immediate relief of the inner dialog. There is a sense of peace and stillness there.

The **HEART CENTER** (*intent*) – where *unconditional love* focuses in the BODY and is a beautiful compass to navigate the world from. Focus your attention on the HEART CENTER to connect to *unconditional love* and a feeling of radiant love within your body and extending outward.

There is a FOURTH energy center and it is critical to creation!

The **THIRD EYE** (aka *divine mind*, and the 6th chakra) is complete stillness AND a network to ALL that IS. It grants us VISION and CLARITY. Vision and clarity can only be accomplished with this divinely given instrument IF we stop the mental chatter!

Stop the dialog in the *body mind* to allow the VISION and CLARITY to come.

ONLY in stillness can we begin to use the **POWER** of this energy center.

The **THIRD EYE** provides TRUE VISION – when you are able to navigate life and truly use your intuition. This energy center provides clarity of vision where you no longer project the past, and

what you think you know on to the present moment. This is where the most incredible, synchronistic, uncanny events will take place in your life! In this program, using this energy center, you will begin to CREATE synchronicity!

Our **THIRD EYE** is our magical “mind screen”! This is where our Dreamer’s visions and clarity come to US! It’s like a virtual DREAM SCREEN that you didn’t know you had. It’s most active in our dreaming state. But we can use it any time, when we are fully awake!

Without the mind screen **THIRD EYE CENTER** we are just talking to ourselves. When we stop the dialog we have access to massive amount of power but it can be chaotic and random. Vision and clarity organizes it! It’s critical to *stop the dialog* and **VISION**.

VISION allows our *awareness* to channel that power in a creative force more powerful than anything we can do otherwise. The **visioning outcome exercise** you all went through when we met to talk about this program is a perfect example of how it can work. If you didn’t yet get a clear dream or vision, you will! This is where it happens! It’s your divine right to use this.

Any questions about this so far?

QUOTE (slide)

“All of life is 100% interconnected, interrelated, interdependent, and therefore totally interactive.”
~Toltec Aphorism

Aphorism means a concise statement of scientific principle, typically by an ancient classical author.

Toltec means man or woman of knowledge, or artist of LIFE.

This is about honoring LIFE and the gift that it is. What better way to honor life and then go through it with your eyes wide open, having control of your awareness.

So, to bring it back to the ego, this is not about you or me! Not only does navigating life with heart have so much joy and power to it, and make everything so much easier, it’s a way to honor life itself.

REAL IDENTITY (slide)

Have you ever wondered “who am I? Really?”

You may have accepted many different concepts or stories from our families or culture. There are many stories out there and yet, many of those answers feel incomplete or lacking, always

somehow tied to the prevailing politics or religion of the day....definitions with agendas serving a story and not the HEART, or the power of the Life.

The Toltecs say, you are a magical being of the universe.

This means that YOU are very powerful indeed. Everything you have seen or experienced has been part of your unique journey and helps to inform each and every atom of the universe! You are powerful AND magical and I will explain more about that in this program.

EVERYTHING IS ENERGY (slide)

Mystics, shamans and physics masters have known for millennia that EVERYTHING IS ENERGY. Everything in the universe is an energy field or compilation of energy fields.

This is great news! If you embrace this, it is going to change your whole life because every bit of trauma, drama, pain, suffering, all your challenges, patterns of behavior, emotional and physical issues, EVERYTHING is energy!

And energy can and does **CHANGE**. Change is the only constant and we have the power to impact and influence HOW it changes!

One example is when we take things personally....in relationships.

As I was introduced to this truth, by looking at everything as an energy field, I was able to take things out of the personal. My awareness and relationship to everything changed. I was able to move INTO a place of non-attachment, non-judgement, non-suffering and beauty, all core principles of the Toltec teaching, *the beauty way*.

So, I know very deeply this is possible for you.

Energy is frequency, vibration and manifests into form (matter). This is the key to living the abundant life of your birthright.

Know what and who you actually are!

When you reside in your **HEART CENTER** this is the feeling of your real identity. All the ancient wisdom teachings are that *life itself is a feeling*, and life lived from the heart is passion, inspiration and joy!

Knowing that everything is just energy takes it out of the personal. It's FOR you, but it's also just energy.

Life is a convergent whole. Most think of it as separate. You don't have a home life, a work life, a relationship. It's ALL ONE LIFE. YOUR LIFE.

Everything is 100% interrelated, completely interactive. Accept that your life is where it is and everything is set up for you to become empowered. No thing is as it seems and yet it's all FOR YOU.

Your indwelling consciousness, your DREAMER, created “your life.” Take control of your awareness to assemble it differently, if you choose. Most people are wasting their ENERGY and thus POWER because they do not know who they are and they are sending their energies in all directions, unconsciously.

Mastering your awareness is a critical step towards reclaiming your POWER as a DREAMER in this life time!

Any questions about this?

USING ENERGY (slide)

We have many tools to shift and control the energy in our life.

1. Take Control of your awareness – the most basic and primary way to shift where we are focused and why.
2. Stop the internal dialog – critical to beginning to channel power with intent and will.
3. Use your heart center – the center of the universe is here
4. Use your solar plexus – to stop dialog and ground into being.
5. Use intention – be mindful of what you are doing and why
6. Use prayer/release – to shift literally anything in your body or life.
7. Go back to heart center, reside there.

PRAYER/RELEASE (slide)

Sound is one aspect of energy and vibration. When we use our voices to sing, speak, pray, we are igniting the vibrations of creation with our intention. Sound vibrates with all the elements of energy in our own field, that is connected to every other field in the entire cosmos and every dimension!

When we pray or share a story, we are using the symbols of sound and vibration to encode and bring into conscious awareness what we would like to see or know or experience in our own life. We are “casting spells” with the sounds in words. Prayer is a conscious way of stating our intention, our desire, as well as our hopes and dreams. It's a dialog with our DREAMER and all the forces of creation that are beyond MATTER.

Here is a very simple release prayer that you can use as often as you like. It will help to shift just about anything and allow for healing and freedom.

“I give myself permission to release (fill in your trigger here) and it’s foundational energy in all times, all forms, and all dimensions. And I ask my Dreamer and the Great Spirit to help me release it and clear it now. Thank you!”

This is not about assembling the perfect combination of words. This about a *feeling*, your *intention*. Tap into your **HEART** and **THIRD EYE** and speak from your **DREAMER** the desire of your heart. With practice and experience, you will notice the flow and ease of what and how you call for release....

That was a lot! Any questions about any of this?

HOME PLAY (slide)

1. Please make sure you are listening to the **Heart Centered meditation**.
2. Whenever the dialog starts, move awareness to your central channel (spine) and your solar plexus.
3. Practice changing your state by shifting your awareness to your **heart center**.
4. Make a list of what triggers you and allows the ego to take control.
5. As always, please stay in touch, with your SELF, the group and me so that you stay on track.