



All Solutions Are Found in the Heart

Heart e-book created by:

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Excerpts from *An Open Heart is the Seat of Prosperity and
Live Everyday Motivated, Happy, and Successful*

The lotus flower symbolizes our ability to rise up from the muck and muddy waters like the lotus into a beautiful flower, a symbol of purity, beauty and peace often connected with the heart.

“All solutions are found in the heart..... We can’t go back in time but we can find answers and solutions to problems that will shift our energy so life moves more easily and smoothly. We can find and keep this sense of balance, a space that is clear, neutral and non-judgmental. In this place we discover the perfect answers to our questions.” Not only can we discover the answers to questions, we can find that space inside of us of unconditional love and attract a joyful, loving life in our heart space.” *“Dealing With Life’s Stressors: Reducing Stress, Maintaining Perspective and Finding Balance”* by Bonnie Snyder, in the anthology [Live Every Day Motivated Successful and Happy](#).

Most of us know the heart is the strongest and most important muscle in our body. Without our heart, of course we wouldn’t be alive. Along with giving us the ability to live, breathe and connect to our life force, the heart’s central location in our body makes it the hub and connection to every one of the millions and trillions of the cells, systems and processes within our body. Most importantly, the heart has its own intelligence, greater than that of the brain, however, it is the connection between our hearts and heads that is important. Just as the heart can be physically hurt or get blockages so can our hearts be hurt or blocked emotionally and spiritually. The thoughts feelings and emotions we experience are stored in our body and are governed by our heart either strengthening the heart or weakening it.

How do you know if your heart is open or blocked? How do you know if you are attracting the love, joy and prosperity you deserve? Following these principles has changed my life. You can read about them below.

Let Elyse Killoran, from [Choosing Prosperity](#) and founder of the Prosperity Partnership Program, guide you in the Law of Attraction, Three Steps to Deliberate Creation, & how to find out if you are blocking your heart’s energetic flow to joy and abundance. Here are some excerpts from [AN OPEN HEART IS THE SEAT OF PROSPERITY](#) ~by Elyse Hope Killoran For the full eBook, please visit: www.choosingprosperity.com/heartb.htm

The Law of Attraction: the Basics

Although most of us have been taught that we exist in a mechanistic universe, current scientific thinking (in quantum physics, chaos theory, non-linear mathematics, etc.) validates that we function more like magnets and radio transmitters than like machines.

In other words, it’s all about "vibration."

Despite what our eyes would lead us to believe, nothing ever stands “still.” Walls, chairs and even rocks are composed of electrons, which are moving at astounding speeds.

The speed of the movement (vibration) determines whether something will be visible (slow moving vibrations = matter) or not visible (fast moving vibrations = light, sound, x-rays, etc.)

Although you may consider yourself to be a solid mass moving about through time and space, in truth you are a field of energy which is vibrating at many different frequencies and sending out energetic messages on a continual basis.

Every thought, feeling, word and action we express carries a vibration and that vibration attracts other like vibrations. Many understand this principle as the Law of Attraction.

Just as the Law of Gravity defines how physical matter will be bound to the magnetic field of the earth, the Law of Attraction defines how energy fields of a similar vibration will be drawn (magnetized) together. Explained in its simplest form, the Law of Attraction guarantees that "like attracts like."

As the Law of Attraction is running the show (even in our ignorance of it) we are, in every moment, attracting to us based on the vibrations that we are radiating.

The question is: are you doing this attraction on purpose or are you doing it by default?

Attracting by default is akin to sending out a mixture of energy signals - some related to experiences that you want and some related to experiences that you don't want - and then receiving back a seemingly random mix of desirable and undesirable outcomes.

Once you understand how the Universal laws work, you can use them to deliberately attract what you DO want.

Three Steps to Deliberate Creation

As like energies attract, the key to attracting a new desirable experience into your life is to send out energy as if this is already the truth of your current experience.

And, as the Universe (and your unconscious mind) can't tell the difference between energy radiating outward in response to real life circumstances and energy sent out in response to vivid imagery, by envisioning yourself circulating energy from a place of true prosperity, you will be bringing yourself into vibrational harmony with an increase in your "real world" prosperity.

According to the teacher [Abraham](#), Deliberate Creation involves a three-step process:

1. You "ask"
2. The universe responds
3. You receive

Sound simple? It is. Unless we "get in our own way."

Now we can't mess up step 1. We're always asking (if not with our words, certainly with our vibrations.) At every moment that life experience "happens to us" and we respond with a "yes, more of that" or a "no, not that," we propel desire out into the Universe.

And step 2 is guaranteed. The universe is well organized, totally predictable, and its laws are absolutely consistent.

So if step 1 and step 2 happen without fail, why do so many of us have the experience of asking for things that never show up?

The answer is: blame it on "step 3." Step 3 gives us the most trouble.

You see, you are asking all of the time and the universe is always answering – but, if you do not trust that what you want is on its way to you, you may not be "letting it in."

This lack of trust, along with our "scarcity mentality," is the foundation of the old paradigm of "human being separate from the flow of universal energy." As we consider ourselves to be separate from the flow, we are blocking the Universe's power to deliver on our requests.

** Sections of this e-book have been excerpted from 'The Prosperity Game Handbook'. Free online game and e-book download at <http://www.choosingprosperity.com/game>

Stop Blocking the Flow

Now you are likely to be perplexed at this point. You may be saying to yourself, "Is she implying that I don't have to make alterations in my asking and I don't have to control the delivery -- the only thing that is blocking the flow of all good things to me is - well, me?"

Are you aware that you are "blocking" the flow? Well, perhaps if I use other more familiar terms. How much time each day do you find yourself feeling:

Frequently -----Infrequently

- angry?
- insecure?
- judgmental?
- judged?
- possessive?
- demanding?
- jealous?
- stressed?
- self-pitying?
- inferior?
- perfectionist?
- self-sacrificing?
- guilty?
- blaming?

Each of these states is synonymous with: closing your heart *and* blocking the flow of prosperity.

Think about it. How do you feel when the following occurs?

- Something you own breaks down?
- Someone you don't like gets a hefty raise and promotion?
- You receive an unexpected bill?
- Something that you need to buy costs more than you have expected?
- You become aware that you want something but then decide that realistically you can't afford it?

Does your body become:

- tight?
- constricted?
- drawn in?

Do your thoughts and emotions become:

- fearful?
- negative?
- limited?

If so you are well acquainted with the experience of “closing your heart” and “blocking the flow” with resistance.

Resistance stems from fear, separation and scarcity consciousness. When we go into "resistant" mode we have over-identified with the part of us that is physical (and we have under-identified and/or disconnected from the part of us that is Spirit.)

We learn as human beings that when a physical "thing" is blocking us we can move it by pushing it away. Unfortunately, we generalize this behavior and when a situation arises that is not physical in nature (for example our water heater begins to leak or a family member insults us) we typically respond by mentally (and emotionally) pushing against the experience to make it "go away".

When we feel "constricted," "resistant" or "shut down" we are actually cutting ourselves off from our connection to the universe.

Consider this:

- Can you feel expanded and afraid at the same time?
- Can you feel jealousy and a sense of freedom at the same time?
- Can you blame someone and feel unconditionally loving at the same time?
- Can you feel resistant and prosperous at the same time?

Most people find that the answer to all of these questions is: "no".

So isn't it self-explanatory that closing your heart and creating resistant energy blocks prosperity? Can you see that shutting off the valve that connects you with your well-being at this moment is the greatest barrier to your overall experience of prosperity in the next moment?

An Open Heart = Prosperity

As what you send out comes back to you, when you become deliberate about circulating the energy of love you are guaranteed to increase the flow of abundance and prosperity -- in all areas your life.

Blocked Heart

constricted
resistant
coming from “lack”
hold back
focus upon “what I need”
criticize / fault-find
worries that there isn’t “enough”
trapped in past hurts
protecting self
causes others to pull back
victim energy
closed to new people & opportunities

Life-Depleting Energy States

Fear
Worry
Depression
Jealousy
Guilt
Blame
Resentment
Pain
Loneliness
Despair

= qualities that repel prosperity

Open Heart

in the flow and expanding
open to Receive / Allowing
grounded in “abundance”
offer authentic expression
focus upon “what can I give”
celebrate strengths and gifts
generates abundance
free to be open in the present
tapped into Self-love
encourages others to expand
being the “Chooser”
open to the new

Life-Enhancing Energy States

Hope
Faith
Vitality
Trust
Self-Love
Forgiveness
Appreciation
Joy
Unity
Peace

= qualities that attract prosperity

Heart Processes to Be In the Flow

[Feel, Connect and Relax into the Love and Joy of Your Heart](#)

When we take the time to tap into the power and wisdom of our hearts we find ourselves surrounded and filled with highest vibration of all – Unconditional Love. When we quiet our minds and rest in the heart we find our connection to God, Source and Spirit. In the [Meditation Room](#) at The Virtual Spa® you will feel comforted, loved and peaceful with this loving heart meditation. Enjoy this gentle way to relax, be in the flow, and tap into unconditional love. Feel the cycle of abundant giving and receiving. Remember spiritual alchemy and magic starts in the heart.

When we are in that relaxed open space it is easier to remember and be in a place of gratitude and appreciation. Gratitude unblocks and transforms our hearts and our lives bringing us joy and the ability to be centered and happy in the moment. Finding even the smallest things to be grateful for makes our lives better. Dr. Martin Seligman and the positive psychology researchers found in the Bob Evans Journal research studies that individuals who kept gratitude journals were happier, healthier and more productive. When you focus on gratitude your heart is open; with an open heart you will find more positive things, opportunities and people flow into your life.

The Waterfall Heart Meditation at [Choosing Prosperity](#) was created to help connect you to your heart as well as release what may be keeping you from having a peaceful, centered and abundant life.

[Waterfall Heart Meditation](#) created by Bonnie Snyder, Happiness and Life Balance coach

*You must be connected to the internet to access the meditation.



This [Waterfall Heart Meditation](#) at [Choosing Prosperity](#) and [The Prosperity Portal](#) was created to support individuals in creating a safe, loving and comfortable space to, effortlessly and gently, open and expand your heart.

You will find during this 15 minute meditation that you can easily relax and calm your mind while letting go of energy related to judgments and negative feelings that may have blocked or constricted the flow in your heart center.

With a more open and expanded heart you can fully move into the infinite supply and flow of love, joy and abundance.

Most people feel peaceful, light and a connection to God, Source or Spirit after the meditation. However, once in a while people experience some lingering sadness or upset. If this occurs, be kind, gentle and patient with yourself. Remember it is part of the process of releasing and you will move into the space of peace and love. Should heavy feelings continue, you may want to talk with someone you trust to support you on your journey and connection to love and abundance.

When you have just a few minutes, make the most of your time with this short healing meditation. You can use it to recharge, as a gift to yourself and to someone else. We must give to ourselves first. When we do that we do not lose energy giving to others and it cycles back to us. If you don't choose to send to someone else, just fill your own heart.

- Put your hands together in prayer position and then move the fingers out until just the bottom or heel of both your hands, sides of thumbs and little fingers are touching each other forming a funnel shaped cup.
- Bring your hands in this position to the center of your chest right at the chest bone.
- Take a few deep breaths and let your body relax.
- Close your eyes.
- Visualize a bright, emerald green light coming from your heart.
- Focus on this green light until it becomes very bright.
- Allow this light to fill your heart.
- Feel your heart expand and fill with love. Do this for several minutes.
- When you feel your heart is full, picture someone you love in front of you.
(After you have done this several times and are comfortable, imagine someone you are angry or upset with and when you would like to start to heal that relationship)
- Send this bright emerald green heart light to the person you have in your mind's eye.
- Release the person in your mind's eye.
- Allow this brilliant green light to shine back into your heart again.
- Take a few deep breaths and open your eyes feeling your heart at peace.

To Clear and Balance Negative Thoughts That Hurt Your Heart

Great to do in the car, in your quiet space or when you just have a few minutes

Thought Field Therapy (TFT) and its cousin Emotional Freedom (EFT) are both meridian based therapies based on the philosophy of acupuncture. TFT and EFT use a light tapping on meridian points to release negative emotions in our energy system. This simple tapping technique expands your heart and raises your vibrations which then release emotions that are hurtful to your heart.

Step One: Bring your negative thought and emotion to your mind. Bringing your thought to the conscious level changes the “reversed polarity” of the thought. Don’t judge your thoughts or yourself as you do this.

- Put your right hand over your heart just like you are going to pledge allegiance to the flag.
- Curl your fingers a bit and find a spot on your chest that is a little tender. Rub that tender spot, a neuron-lymphatic point, in a circular motion as you say one of the following three statement beginnings: *I deeply and profoundly* **or** *I accept myself* **or** *It’s okay**add your statement examples below*
- As you move your hand in a circular motion, say any feelings you have that may be blocking you or make you feel constricted.

Examples: Say your statements 3 times, out loud or to yourself

It’s okay that I am angry with.....

I deeply and profoundly accept myself even though I feel sad....

I accept myself even though I am fearful about...

It is okay thatI feel ashamed that I

I accept myself even though I am worried about....

Step Two: Tap on the cuticle of the little finger - heart meridian - and say each of these statements three times:

- I forgive myself for ... worrying about (what ever the feeling was from above)
- I send myself love.
- I deserve love.

Repeat this several times during the day or for several days in a row. Remember there is no judgment. This is about releasing and opening your heart for more joy love and abundance.

Forgiveness Frees Your Heart

Anger, resentment and blame block the power, intelligence and flow of your heart. Our stories of blame and judgments about ourselves and others can be released in the process of forgiveness. When we forgive ourselves and others we release that negative energy back to God, Spirit, Source, bringing us back into the flow and our connection with joy, happiness and into truth and oneness with our spirit and soul.

During one of the meditations above, or if someone has come to your mind that is blocking your heart flow, an easy process is to write and NOT SEND a forgiveness letter. You can write all the reasons you feel justified first. Then write a letter forgiving that person. The first time I did that exercise I found when I was done writing the forgiveness letter to the other person; I had to write a letter of forgiveness to myself!

Nurturing Opens the Heart

Nurturing many times means truly forgiving yourself and others. Forgiving yourself and others is taking care of yourself. In loving and forgiving yourself you are strengthening your physical heart. The heart is the body's most important organ and, as we know, without our heart we wouldn't be alive. From an emotional and energetic standpoint the heart is also the controller in our main energy system, the chakras. From [Sacred Contracts: Awakening Your Divine Potential](#) Caroline Myss says, *"The Lesson of the heart is love is Divine, the power of the heart is love and compassion, the strengths of heart are forgiveness, dedication, inspiration, hope, trust, and the ability to heal. Through our heart we can release and transform. In our heart, the solutions to our most difficult questions are found."* Myss says, *"Where your heart is, there is your power. Without this energy nothing in your life can manifest or flourish, from your romantic relationships to your artistic creativity."*

Marcia Breitenbach in her [Songletter](#) writes, *"Music creates new software in your brain..... it allows you to make changes more easily."* What a simple way to change from harsh internal thinking to and gentle your self-talk. [The Magnificent You](#) may bring up feelings of sadness at first; know that is your heart releasing and healing. This song can transform conscious and unconscious patterns of self-doubt, open your heart and allow you to tap into the powerful ability of your heart to forgive, let go and receive even more love in your life. It is an easy and loving way to honor yourself and to tap into the power of your heart energy. Let the music and words of [The Magnificent You](#) speak to your heart. If you watched [The Secret](#) and heard [The Secret Team on Oprah](#), you know the amazing power of creating positive emotion. You know that what you focus on, with emotion, and what you think about repeatedly, you create. Taking care of yourself and being grateful for what you have right now are the easiest and simplest ways to experience immediate, positive, uplifting emotion. When you focus on taking care of yourself and being grateful that positive emotion expands. Not only do you feel good, you move into a place of positive creation for a healthy body, healthy relationships, financial abundance, a wonderful job, or whatever you desire in your life. Taking care of yourself and creating balance is no longer a fringe benefit. To have what we want in life, whatever it is, we must take the time to relax, feel good and the balance will come.

Changing old patterns isn't always easy. In her Songletter, Marcia writes, "*Music bypasses your 'keep things the way' they are radar . . . and music gets 'stuck in your head' and provides a positive focus.*" Reading her Songletter you will be guided on how to use *The Magnificent You* in a way that will powerfully tap into your heart, transform old programming and create joy. You will feel uplifted and loved.

Listen. . . sing. . . and allow the music to surround you; wash over you like warm, flowing water; wrap around you like a soft, warm towel; comfort you like the love from a hug. Allow it to move you into the flow of creating your desires.

Caroline Myss says, "Music, art and poetry can eloquently 'speak' the language of the heart."

Play *The Magnificent You* daily! To listen, copy and paste this link into your browser:
<http://www.griefandlosshelpsongletter.com/newslettermagyou.htm>

Recommended Resources

Heart-Opening Music and Meditations

[The Virtual Spa® change sign and check link](#)

Create a place of peace - a stress retreat in your home or office - that beckons you daily. A quiet space inside; a sanctuary from stress and a retreat for the body and mind. Calm the body and mind, rejuvenate, refresh and connect to your own intuition for a more relaxed, balanced life. At [The Virtual Spa](#), find a [Jacuzzi Room](#) and [Heart Meditation](#) in the Meditation Room

Healing Harp Music – by Amy Camie

Visit the [Spa Boutique](#) for Amy Camie's CDs
or visit [Scientific Arts Foundation](#)

Tapes from LuminEssence

"I Am Loved, I Am Lovable", "Self-Acceptance: Releasing Guilt", "Self-Love", "Compassion and Forgiveness", "Soul Love: Vol. 1 - Awakening Your Heart Centers" (tape album) available at www.orindaben.com

Heart Resources

Choosing Prosperity

To open your heart to more abundance, joy, prosperity and wisdom, visit Elyse Hope Killoran, creator of [Choosing Prosperity](#) , the Prosperity Partnership Program, Play the Free Prosperity Game, Subscribe to the free ezine, [Prosperity From The Inside-Out](#).

Institute of HeartMath

Using HeartMath technology, we can learn to bring the heart and brain into synchronization, which is key to achieving new levels of communication, performance, and vitality. This has led to the development of learning programs for improving student relations and academic performance, and to help adults transform stress, anxiety and anger.

Caroline Myss Heart Meditation

Chakra Clearing by Doreen Virtue

For more ways to create your own sacred space, find balance and decrease stress, try our:

[Create A Sacred Home Spa CD](#)

[Create Inner Space Cards](#)

from [Serenity Pathways](#) in the [Spa Boutique](#)

**To find balance, and create health and happiness
through [individual coaching or group coaching](#)**

**contact Bonnie at
Bonnie@SerenityPathways.com**

Serenity Pathways

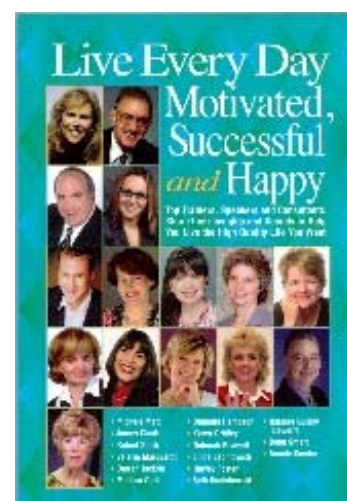
...was created by Bonnie Snyder, CPC, Professional Life Balance Coach and Author. Bonnie has a background in counseling, nutrition, energy psychology and energy medicine. She created a place where individuals can relax, refocus and transform stress to serenity in less than 10 minutes or less as well as connect their own unique intuition and find inner and outer peace in their lives thru the only online spa, The Virtual Spa®, CD's, teleclasses, products, books and individual and group coaching. To continue on your journey, you may enjoy reading her chapter about the heart's wisdom, "Dealing With Life's Stressors: Reducing Stress, Maintaining Perspective and Finding" Balance in the anthology Live Every Day Motivated Successful and Happy. (Call to get for your copy today.)

"Imagine having 15 mentors guide you to living a richer, fuller life. When you read Live Every Day Motivated, Successful and Happy, You'll take pleasure in –and quickly put to use –their insights, ideas and secrets so you can live the life you want."

-Glenna Salsbury author of The Art of the Fresh Start

*"**The Virtual Spa®** allows a person in the midst of a busy and even chaotic day to take a moment and breathe. It allows us to honor ourselves and to learn the love of GOD, which is Agape` (unconditional love). The heart meditation was particularly moving to me and reinforced the belief of that God is always with us....'the mystery revealed.' Namaste... Bless the God within you."*

- J. Marin, MD Agape Center



"After only a short time in one room I was surprised at how relaxed, clear and focused I felt. It was such a good use of my time, because when I returned to the task that I had been working on I no longer felt 'under the gun' and I completed the project fairly quickly without feeling drained."

"Thank you Bonnie for The Virtual Spa. You are a genius for creating this beautiful virtual haven where we can bring our stressed bodies, minds, hearts and spirits. On my very first visit to the spa, I arrived with a headache, pain in my neck, shoulders and back, and a lot of thoughts about unfinished work rotating through my conscious mind. I spent about 20 minutes experiencing a couple of the rooms, and within minutes, my mind had cleared, my physical pains all disappeared, and I was truly refreshed and able to move on with the rest of my day from a relaxed, more balanced place." - Marcia Breitenbach, <http://www.thesongletter.com/>

*"The Virtual Spa is more than a great tool to relax and center myself. For me it is a great tool for creativity and success. When I am finish in one of the spa rooms I return to my work with greater **clarity, focus and inspiration**. It's a fabulous tool for relaxation and creativity and gives me greater success in my business."*
~BZ Riger-Hull

"I love SerenityPathway's newest program the Natural Path to Happiness. Although I was familiar with a few of the ideas in these self guided modules, this program gives you many practical ideas to stay on your own personal happiness journey. I would highly recommend The Natural Path to Happiness© to anyone who wants to be more confident, relaxed, get more in touch their inner self for more success. ~ Sarah D Orlando, FL

[For more testimonials, click here...](#)

PROSPERITY PARTNERSHIP **FOUNDED BY ELYSE HOPE KILLORAN**



A Powerful Intentional Community Experience
of Aligning Body, Mind, Emotions and Spirit
to Awaken Prosperity Consciousness
in Every Area of Your Life!

About Elyse Hope Killoran: Certified Spiritual Life Coach and the founder of the Prosperity Partnership Program (now in its ninth year!) The [Prosperity Partnership Program](#) and [The ProsperityPortal.com](#) is a powerful intentional community experience of aligning body, mind, emotions and Spirit to awaken prosperity consciousness in every area of your life. In addition, Elyse has developed and led classes for the Coaching from Spirit coach training program, served as a Coach U Jump Start Mentor Coach, and is the host of the Coach U Enhancing Energy & Spirit Special Interest Group (SIG). Elyse is also a contributing author in the book: [Intentional Change: Personal and Professional Coaches Describe Their Work and Lives](#). (Available at www.Amazon.com.)

READ what PPP participants are saying:

"Way more than I expected!! I really love the program! ...I really feel that I've changed at a cellular level, which I didn't 'get' when I started the program..."

"Clearly a powerful community, led by those who 'walk their talk.' A gift to all who participate."

"I'm really impressed with the program! My life has gone into 'fast forward' and it is really making a difference."

"It has been the single best use of time and resources I've made in the last year!"

[Read these testimonials and others by clicking here...](#)