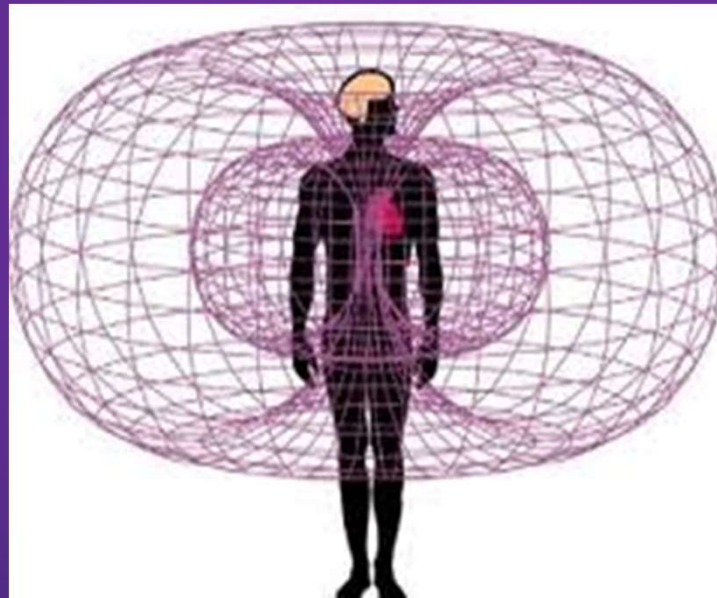


7 Easy Steps To Heart-Conscious Living



ILENE GOTTLIEB, RN
The Heart Healer

**The information offered will assist you in becoming
Consciously Connected to your Heart of Love.**



When is Conscious Heart Connection beneficial?

If you are:

- Feeling stressed
- Having difficulty being in the present moment
- Feeling out of alignment
- Feeling anxious
- Feeling uncomfortable
- Overall, not feeling “right”



Step One

Stop ...



This will bring you into the present moment ...



Step Two

Close Your Eyes ...

Closing your eyes brings your focus within ...



Step Three

Uncross Your Arms & Legs ...

This opens up the flow of energy ...
Sitting in a lotus position is acceptable.



Step Four

Place Your Hands on Your Heart Center ...



Your Heart Center is located in the center of your chest.

Where you touch is where your focus is.

Placing your hands on your Heart Center brings your focus to this sacred place.



Step Five

Relax Your Abdominal Muscles ...



**Relaxing your abdominal muscles enhances
Your focus on your Heart Center,
And assists you in being more relaxed.**



Step Six

Take Several Deep Breaths Into & Out of Your Heart Center ...



**Deep breathing with a focus on your
Heart Center, activates the frequency of Love,
The highest frequency that exists.
The frequency of Love is your essence.
It is taking in Breath of Life.**



Step Seven

Notice how your body feels ...



Be aware of how you feel ...

**Do you feel more relaxed, more focused,
Less stressed, more at peace?**



Consider doing this exercise a few minutes several times a day either by itself or before you begin to meditate, pray, practice yoga or with any activity that promotes self connection and centering.

**The more you choose Conscious Heart Connection,
the more effortless it is ...**

**BEing connected to your Heart of Love
will shift how you are BEing in any experience.**

**When you are comfortable in your relationship with You,
your relationships with others will shift in a good way.**



When is it best to connect with your Heart Center?



**Any time you choose to consciously live from a place of Love,
With yourself and others ...**



About Ilene

**The Heart Healer ~ Speaker ~ Author ~ Medical Intuitive ~
Radio Show Host**

Ilene combines over 48 years in Nursing and 24 years in Vibrational Healing to create a holistic approach to clearing energy blocks and promote healing.

She helps an International clientele of individuals and entrepreneurs who struggle with fear, self-sabotaging, negative thoughts or behaviors and self-worth issues, to experience inner peace, self-confidence, empowerment and clarity about their soul's purpose.

As The Heart Healer, Ilene is Your Guide To Conscious Heart Connection. Her intuitive abilities and holistic approach enhance her ability to assess the individual client's needs and support their total healing process. One of her most valuable gifts is an ability to help others by empowering them to immediately identify their core issues, understand them and find their way to a place of inner peace, balance and healing.

As a dynamic and heart-centered speaker, Ilene is available to speak on a number of topics including but not limited to "Your Heart Holds The Secret To Your Success", "Building Your Brand From The Heart", "The Many Benefits of Heart Breath", "Conscious Language From The Heart", "Aromatherapy For The Heart and Soul", "The Benefits of Energetic Clearing From The Heart".

Schedule your Free 30-minute Heart Healer Session today and begin the process of receiving all your heart's desires: <http://bit.ly/2idAes1>



For more information or to contact Ilene

**To schedule your Free 30-minute Heart Healer Session
To invite Ilene to speak at your next event:
<http://bit.ly/2idAes1>**

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**May your heart be filled with joy and
may you always know Love!**

Ilene ~ The Heart Healer

