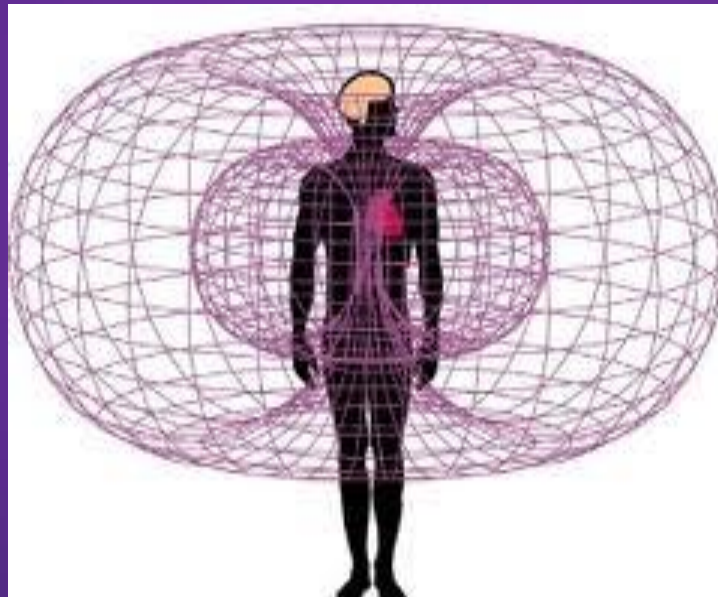


# 7 Easy Steps To Heart-Conscious Living



**ILENE GOTTLIEB, RN, CHTP**  
**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

As “The Heart Healer”, Ilene is Your Guide To Conscious Heart Connection. From the moment she consciously awakened to her soul connection, it has been Ilene’s passion to guide and support others in remembering that we are all here in these bodies for one soul purpose - to learn how to be consciously connected to our Heart of Love through the human experience. For when we are consciously connected to our Heart of Love in who we are being in our relationship with ourselves, it is from this place that our conscious choices are made and our actions follow. Imagine how it would feel to be in our world with all of us remembering our Heart of Love and living consciously in this way.

A Registered Nurse with over 40 years of experience in different areas of nursing, Ilene deals with client’s issues in a loving and compassionate way that is very empowering. 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 identify their core issues, understand them and find their way to a place of inner peace, balance and healing.

Ilene’s passion for teaching conscious heart connection is fully expressed through individual and group Akashic Records Readings. She also offers instruction for both the Raindrop Technique and Egyptian Emotional Clearing processes and facilitates the Feelings Circle, a gentle emotional clearing workshop utilizing guided imagery, several essential oils and energy wellness tools to literally clear the energy patterns of toxic emotions and trauma.

As a dynamic and heart-centered speaker, Ilene is available to speak on a number of topics including but not limited to Healing Through the Heart Connection, Vibrational Healing, The Energetics of Self Care, Holistic Approaches to Health and Wellness, Stress Reduction, Meditation Techniques, The Energy of Emotions, Emotional Intelligence From An Energetic Perspective, Aromatherapy and The Power of Language.



**For more information or to contact Ilene  
to schedule a session:**

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

**Ilene ~ The Heart Healer**

