



Peace is-Love is-Light is

Universal Heart Center

SUMMER 2014

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"We are here to assist you in your awareness of the essence you call Self. Please ask and we will be right there for you. We are here to assist you in the process."

Welcome

As you celebrate summer, at this time of year, can see the beginning of Fall in the horizon. Are you preparing yourself for what is ahead? Nobody can, you can only prepare for the moment and each moment gives you the experience of your tomorrows. We welcome you to the NOW, NOW is the only thing you have for sure. Make this moment a moment of laughter, a moment of peace, and a peace that comes from your understanding of NOW.

LOVE the flowers, LOVE the sunshine, love yourself, love your children, and love the moment. Share your love of life with others and you will reap wonderful tomorrows.

Welcome to the moment of LOVE, the only everlasting LOVE.

My mission is to inspire others to be one within their Heart Center and express who they are in unity with SPIRIT.

With Love-Light and Gratitude,

Elvia Cecilia McGarry

SRT, SpR Certified, Minister, Teacher, and Consultant
Conscious Living, Vibration Alignment Facilitator and Mentor
www.rememberyouessence.com A WEBSITE JUST FOR YOU

AWARENESS OF THE SELF



The question is – how are you doing so far in your journey? Can you be honest and truly answer the question? Are you seeing the result of what you have put in the path? What kind of energies are you putting in your path? Remember that like attracts like.

The love of the awareness of self has to do with honesty, the honesty to really see what you have in your path, and the willingness to change those items for new ones. Most of the time we are not aware of what is in front of us, because we are too busy just journeying. Please take a moment and look, paying attention to the items that need to be removed. Be open for surprises and know that you are the only one that can change the items. Be kind and gentle in the process of removing and replacing those items in your path.

Trust and love every step that you take.

YOU CAME HERE TO REMEMBER AND EXPRESS THE INFINITE; **THIS IS THE JOY OF THE JOURNEY.** We welcome you in your journey of Hearts and to your immense discoveries. (We – SPIRIT and Cecilia)

Affirmations

Know that every word you say is full of power. You are a creator. On that note, please consider these statements below and if they touch your heart, make them yours.

- **I LOVE my parents.**
- **I LOVE my life.**
- **I LOVE the wind.**
- **I LOVE the sun.**
- **I LOVE Summer.**
- **I LOVE my experiences.**
- **I LOVE my love.**
- **I LOVE my profession.**
- **I LOVE money.**
- **I LOVE ME.**

Let us talk heart to heart, always knowing who we are and remembering that we have different points of view. Let us recognize that we live on the same planet and that we are ONE RACE-THE HUMAN RACE, experiencing life IN THIS UNIVERSE.

○ DANCE

What is the dance? The dance is the thoughts that you create according to what you are experiencing now. These thoughts create energy that attracts the dance of the moment.

Remember that we all dance and we dance to our own beat. The dance has to do with your thoughts. Take a breath and absorb this knowledge in your Beingness. This knowledge will set you free.

Now are you ready to dance the dance of awareness, the dance of freedom, the dance of love, the dance of balance? It is time to listen, it is time to stop the old music and play the new music, this is the music of transformation and the music that creates the happiness and peace that you have been searching.

The secret of the dance has been revealed and now you know how to change your dance, the dance of expression, the dance of beauty and the dance of bountiful.

REMEMBER YOUR ESSENCE AND REMEMBER TO DANCE TO THE MUSIC OF YOUR CHOICE!

LANGUAGE OF LIGHT

The way I see things is in vibration. The vibration is translated to my brain into words, and shapes. SPIRIT has named this process the Language of Light



This name of the drawing is DIAMOND LIGHT; every word has its own vibration, and every vibration has its own form.

"Know that every word you say is full of power. You are a creator."

"Open the door to your heart center and allow yourself to fly and be free."



HOLD YOURSELF IN THE PALM OF YOUR HAND AND SEND YOURSELF LOVE.

Conscious Heart Awareness.



Conscious mind awareness is the open communication that you have with self.

Personal integrity is the key that opens the communication about any subject that you are willing to converse. Recognize that you may have beliefs about the subjects at hand, ask for guidance in clarifying and removing the beliefs, so you can be in conscious heart awareness.

You are a being of love; your conscious heart knows that. Let the love be the star that guides you to express your conscious heart awareness. You are the gift and the gifted. You are the light that shines bright as a star; you are the perfect expression of Source.

The conscious heart awareness is the communication with your own source, the source that knows you. The source that can bring the joy that you have been waiting to feel. Can you give yourself this gift? The gift of conscious heart communication.

Today is the day, we only have the now, and now is the moment for this deep communication of conscious heart awareness. Let your heart speak of conscious awareness and listen, really listen. May the Joy of your heart be the best friend to you and your life. This is what I called Conscious Heart Awareness.

The Joy of this grand communication is yours, be in the moment of the Joy.

IN TRUTH – LOVE - FREEDOM

Conscious Heart Awareness is a process of loving yourself so deep that you speak your truth at all times. REMEMBER, YOU ARE A PERFECT BEING having A PHYSICAL EXPERIENCE.

With love, Cecilia



Be a mentor of Hearts.

Listed here are some of the books that have touched the Heart of many. If you have a suggestion for books please e-mail me and I will post it in the next newsletter.

1. The book that is in your heart – Author YOU
2. Love without end by Glenda Green
3. A course in Cosmic Consciousness by Walter Russell
4. THE KEYS of JESHUA by Glenda Green

Enter into the caves of Your hearts and discover the treasures that you have there. It really does exist!

I am in a journey of hearts, the heart that knows that my physical world is full of opportunities to express the love that is in the depths of all of our hearts.

The journey has brought us to this moment in which we have the opportunity to express the love that is the heart.

LOVE is the energy that holds the Universe in perfect Balance; can we give Love to our lives? I say yes, let's unite in LOVE the Love of this moment and for this moment.

You are welcome to share this newsletter, and if you do not want to receive it, please let me know. Many blessings to you.

© Cecilia

SRT – SPIRITUAL RESPONSE TECHNIQUE, brings you to WORKING WITH SPIRIT TO EXPRESS YOUR LOVE AND YOUR INCREDIBLE POTENTIAL

IF IT IS YOUR FIRST TIME READING ABOUT SRT, PLEASE GO TO WWW.SPIRITUALRESPONSE.COM AND LEARN MORE ABOUT IT, THIS PROCESS WILL TOUCH YOUR HEART and TRANSFORM YOUR LIFE.

*****Consulting: private consultations available during the day, some evenings and weekends.**

Please call for an appointment. 651 739-6957 or e-mail ecmcme@comcast.net

SRT Workshops

Spiritual Response Technique Classes

1. Basic SRT – Woodbury, MN

Date: September 12 – 14, 2014

2. Spiritual Re-Structuring – Woodbury, MN

Date: October 18 -24, 2014 / Cost \$950

3. Advance SRT – Woodbury, MN

Date: November 8 – 10, 2014

*** Sign up early – space is limited.

Cost for Basic and Advance Classes: \$625, A deposit of \$100 will hold your place in the class.

All classes are from 9 am to 5 pm

If you have any questions or want more information on any of the workshops, or would like to have a workshop in your area, please call or e-mail me at ecmcme@comcast.net - 651 739-6957

[The joy of sharing the SRT process is my gift to you. Blessings in your journey.](#)

SRT Bi-Monthly MEETINGS – TELECONFERENCE NOW AVAILABLE

To participate it requires a \$20 donation for this service. Let me know if you are interested and I will e-mail the phone number and access code.

Dates: Sunday, October 5, 2014 - from 10 to 11:30 A.M. central time.

Location: from Woodbury, MN