



Peace is-Love is-Light is

Universal Heart Center

SUMMER 2015

VOLUME 1, NUMBER 42

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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

In the Universe, all is just in perfect order. We are here asking you to recognize that your life is perfect. When you understand that life is perfect, you then allow the energies to support you in the greatest of expression in the way you want to experience your life. Life is full of moments, some moments we have to ignore, other moments are full of our attention. What we pay attention to is how we create our tomorrows.

Celebrate each moment, celebrate the opportunity of having a wonderful life based on your understandings.

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



As you walk through life, do you ask questions or do you just walk? Many of us have been trained to learn and to never question. Others love to question everything. In both of these learning's you're required to have a dream or goal, so you can walk knowing that one-day you will reach your destination. Be gentle with the steps that you take. We all have something that we are good at. Go there and do it with the joy that you feel for doing (something) that you like. Every path has it's own destination. Every path is different. Love your talents no matter how old you may be. The Universe wants your laughter and your joy. if at this moment you are engaged in sadness or depression, be grateful for what it is showing you and start laughing. Recognize the beauty of the Earth in which you live.

Be aware of your beauty, be aware of the beauty that is all around, be the beauty of being different. Be yourself – like the sun that the only thing that it knows, is how to shine it's light to us.

Dress with colors that bring a smile to your beautiful face.

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 have friends.**
- **I have love.**
- **I have money.**
- **I have abundance.**
- **I have a wonderful family.**
- **I have a beautiful home.**
- **I have a prosperous career.**
- **I have wonderful memories.**
- **I have creativity.**

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 with different understandings.

○ DANCE

SPIRIT is constantly asking you to co-create the most beautiful life that you can imagine. Can you consciously accept this invitation and dance with SPIRIT? The music that is playing while you dance is the music that touches your emotions. You feel so good and happy about this moment. As you feel good, you can ask SPIRIT to keep dancing with you until the dance becomes part of what you do effortlessly. Every day is an opportunity to keep dancing and feeling wonderful about each day. The most precious tools that you have in this dance, is your emotions. The more you feel good about each moment, the greater the creation. The goal is to keep on feeling good.

Focus on the dance not on what is around you, and just keep dancing. Listen to the music and as you focus on your listening your body will move to this wonderful space of focusing on your dream.

Know that everything you do is a dance.

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



The name of the drawing is, "Egypt"; Every word has its own vibration. 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.

Your Heart is always conscious of its feeling.



Have you allowed this feeling to be part of your awareness? The feeling that is there is LOVE, a love that goes beyond your understanding. At each moment, your heart sends a vibration of love. Have you connected with that vibration? We are here to connect with the vibration of love. As you connect with this vibration, you express the love vibration. The love vibration is the one that will bring you the connection with your spiritual aspect and with your physical expression. This process is what is known as Conscious Heart Awareness.

Be gentle with yourself about how you feel. Allow the love to envelope every emotion. Every emotion has its own purpose. Emotions are the keys for you to know where you are with your feelings and what you are experiencing at each moment. Know that you are a magnificent being. Expressing your knowledge and wisdom just the way that is best for you and for all of us. With each step that you take make it the best. Give your best at every moment no matter where you are or what you are doing. If you are playing do your best. If you are studying give your best. If you are walking enjoy each step. If you are working, love the company that has given you the opportunity to share your knowledge and wisdom.

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. The message of the Divine Illiad by Walter Russell
3. The Jesus Dynasty by James D. Tabor
4. The trick of money is having some by Stuart Wilde

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

In the journey of our lives we have to recognize that love is allowing other to express who they are.

Are you allowing yourself to express who you are? Sometimes we are so busy with all the tasks that you have to accomplish that we forget to love ourselves.

Allow is the new way or doing everything. Allow is the word that we have to understand. Allow is the key to expand your awareness. Allow is like having love with wisdom.

Be in love and wisdom.

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. Spiritual Re-Structuring – Woodbury, MN

Date: August 28 to September 3, 2015 / Cost \$950.00

2. Basic SRT - Woodbury, MN

Date: October 8 – 10, 2015

3. Advance SRT – Woodbury, MN

Date: December 3 - 5, 2015

*** 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, September 6, 2015 - from 10 to 11:30 A.M. central time.

Location: Woodbury, MN