



Peace is-Love is-Light is

Universal Heart Center

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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

We are here to express our appreciation about you, the wonderful you. If you can see yourselves as we see you, you would have this incredible appreciation for your life and everything in it. Life is a journey of many experiences and understanding. We come to ask you to enjoy your experiences and to really understand what you are doing. If you want to change something in your experiences choose Love or bring love to the experience.

We are looking forward to see the blooms of those incredible thoughts you planted last fall. Welcome to Spring.

Welcome your knowing and the joy of your knowing.

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

Enjoy the journey of your path in this beautiful Spring.



Can you see this path in front of you? Are you willing to walk in this path even though you feel anxious and this path is different than the one you have walked before? Well take a deep breath, close your eyes, and walk in.

As you enter you feel the joy that is waiting for you. You can feel peace and you smile, you now say I can do this; I can walk in this path. Not only am I walking to walk, but also more important, I am going to enjoy this journey in this path.

The love of the journey starts in your heart, allow yourself to be in the love of the journey and look at the path as your guideline for your life and keep opening the heart to the understanding of the journey.

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 creation.**
- **I LOVE my new friends.**
- **I LOVE this moment.**
- **I LOVE my abundance.**
- **I LOVE Spring.**
- **I LOVE my creative thoughts.**
- **I LOVE relaxing.**
- **I LOVE my job.**
- **I LOVE my wealth.**

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 in the same planet and that we are ONE RACE-THE HUMAN RACE, experiencing life IN THIS UNIVERSE.

○ DANCE

Are you aware that with each dance you do, the music changes and your moves become more intricate, that you move in accordance to the understanding of the rhythm, and the understanding of who you are in this dance. This is how you express your dance. Be in the joy of your dance and welcome the clarity and understanding of your music.

Remember that each of us dance to our own beat. For some there is the beat of the heart, for others the beat is of the mind. At the end of the dance we recognize that it does not matter the reason of our movement. The only thing that matters is that we danced and will continue to improve our dance.

Allow yourself to understand the beauty of each movement and the joy that each dance brings to your heart. Invite others to move with you, to support each other in their choice of music. Respect the movements, but more important, LOVE your movements and LOVE the dance!

THERE IS MUSIC IN THE UNIVERSE connect to it.

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 CREATION; every word has its own vibration, and every vibration 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.

The joy of the journey in conscious mind awareness is immense; it all starts within you and the recognition where you are today.



Your transformation is showing the Universe how far you have come in the importance of the understanding of the present moment. Your heart is in the stage of expressing your inner truth. The power within you expands your clarity and you walk your talk and peace becomes part of your experience.

What is waiting for you? Your treasures are waiting for you. Only you can claim that, it belongs to you, it is waiting for the owner. Do you know where you left your treasures? Ask yourself that important question – where are my treasures? How long am I going to keep them hiding, even from me? This conversation has a great power. Your consciousness is ready to give you those treasures and they are yours for the asking. Keep your conversations simple but deep; always go for the TRUTH of each moment.

Truth sets you free, Truth liberates us from beliefs that have kept us in darkness, let the Truth shine the Light brighter in your life. Be open, listen, and allow guidance to be part of your daily experience, always asking for Truth. The Lord Jesus said, "ask and it shall be given to you". Please ask, the more you ask the more you clarify your life.

The moment is at hand, today, this moment is the most powerful moment for deep conversations. Now is the moment for freedom, now is your moment of liberation – connect with your Conscious Heart Awareness.

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 Emotional Brain by Joseph LeDoux
3. Half Time by Bob Buford
4. The book of knowledge: THE KEYS OF ENOCH

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

As always it is our pleasure to be here with you. For us the gift is your transformation. We see your understanding that has brought you immense clarity in your daily life.

Be kind to yourselves and others and recognize that we are all ONE in this Universe. What you do reflects on all of us.

Be in the moment of joy and have more recreation and laughter.

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. **Advance SRT – Woodbury, MN**
Date: November 8 – 10, 2014
3. **Spiritual Re-Structuring – Woodbury, MN**
Date: October 18 -24, 2014 / Cost \$950

*** 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, August 3, 2014 - from 10 to 11:30 A.M. central time.
Location: from Woodbury, MN