

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, celebrating with you the awareness that LOVE is part of everyone's life. Life is full of experiences. Every experience brings you closer to understanding LOVE. The experience gives you an opportunity to create new DESIRES for an outcome that can bring you fulfillment. Celebration and appreciation of your accomplishments is the key to manifest that fulfillment.

### **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](http://www.rememberyouessence.com) A WEBSITE JUST FOR YOU

## AWARENESS OF THE SELF



Awareness of self is a process of looking deep within your heart to find what motivates you to experience your walk through life. Have you ever asked what motivates you? I have found that motivation is like finding a dig to excavate. The deeper you go, the more you find and the findings are full of surprises. At this moment in your path stop and check what motivates you and the reason for it. Sit and meditate daily for 5 minutes to receive the answers.

Remember your awareness changes your consciousness. Clear understanding gives you the freedom to let go of beliefs, perceptions and judgments. Awareness of the Self is just that, clarifying your understanding.

Your quiet time is important to your consciousness. Make it as part of your daily experiences. Remember your path is long, some areas are wide and others are thin. Learn to know the meaning in each of these places, stop in these areas and find out what secrets are there.

**Be yourself – give yourself the gift of gratitude, being grateful for your discoveries.**

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 love life.**
- **I love my breath.**
- **I love my money.**
- **I love my abundance.**
- **I love my family.**
- **I love my home.**
- **I love my career.**
- **I love my wonderful memories.**
- **I love my 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 - MAN, experiencing life IN THIS UNIVERSE with different understandings.

## ○ DANCE

Your recognition that the physical experience is represented in the DANCE is the opening to accept your male and female energies that you carry. The male is the part of you that uses logic and the female is the part of you that uses your intuition. The “embrace” of both is the key to the dance. The dance is a dance of balancing both expressions in a way that brings us peace and understanding of the joy of having a life.

Focus on the expression of the dance. What aspect are you using? The male or female? Are they in balance? Are you using one more than the other? Your dance will continue regardless of your logic or intuition. The key to an experience of Well-Being is to do it in balance. The dance is a way to move in gentle ways. The dance is a place within and outside of you.

Know that everything you do is a dance. Dance your way in life.

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

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## LANGUAGE OF LIGHT

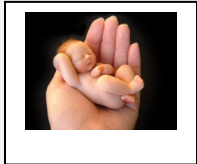
**The way I see things is in vibration. The vibration is translated to my brain into words, and shapes. SPIRIT has named this process the Language of Light**



**The name of the drawing is, “Creation”; 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 in balance, it knows that love is the only expression.

Have you connected to this love? Are you expressing this love? Be gentle in the connection to love. Allow love to express in a gentle way first. Know that love is the only energy. Love can move mountains, Love transforms our emotions, and Love

heals.

Love is the new way of expression, we are moving into the expression of love in everything that we do. Love yourself in a way that has not been done before, love the world, Love the planet and everything on the planet. We are here to express that love. Talk about love, share what love means to you. Invite others to express love, smile with love, walk with love hand in hand.

Your heart awareness is all about love. Use your time wisely, enjoy life and bring to you and others Joy-Love-Fun-Laughter-Beauty-Peace. Make sounds from the vibration of love. Allow your heart to bring you what you would love to experience.

You are Love

### **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 Immortality of Man by Walter Russell
3. The Electric Nature of the Universe by Walter Russell
4. The Law of Love by Chief Melford Okilo, C.F.R.
5. Hoot Hoot Goodnight by Scott McNally

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

Love is.....?

Fill in the blank  
and see what  
comes up for you.  
You may ask this  
question every  
day. This is  
another way to  
discover the  
treasures that you  
have within.

Love is 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](http://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](mailto:ecmcme@comcast.net)**

### **SRT Workshops**

#### **Spiritual Response Technique Classes**

1. Basic SRT – Woodbury, MN

Date: March 18 – 20, 2016/April 22 -24, 2016/August 26 – 28, 2016

2. Advance SRT - Woodbury, MN

Date: June 24 - 26, 2016

3. Spiritual Re-Structuring – Woodbury, MN

Date: September 9 – 15, 2016 / Cost \$950.00

\*\*\* 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](mailto: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: Friday, January 8, 2016 - from 10 to 11:30 A.M. central time.**

**Location: Woodbury, MN**