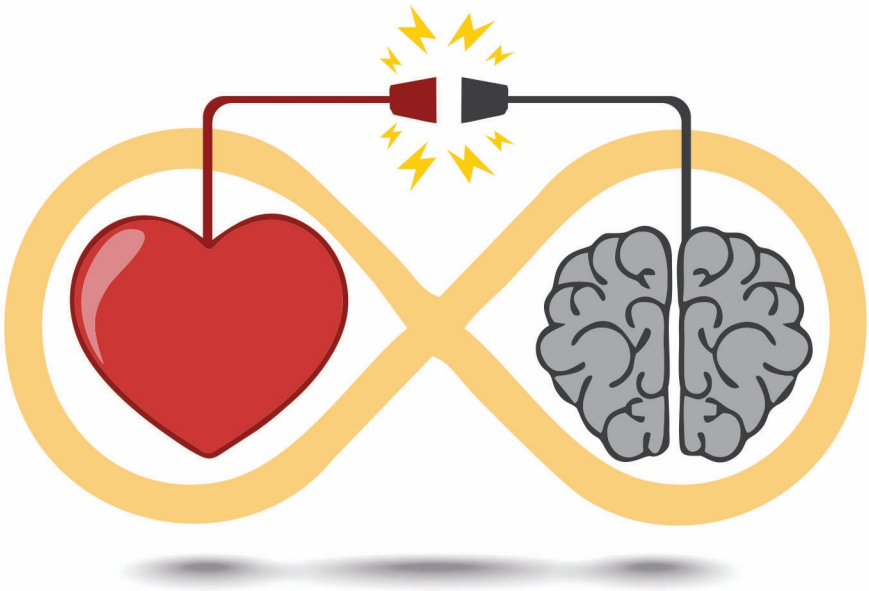


Review by  
NY Times Bestseller Author  
**BRIAN TRACY**

# HEARTSET

EXPANDING YOUR HEART  
CONSCIOUSNESS



**JM ENAGE**

# Dedication

To the freedom lovers of this world, the battle is won! When the hearts open up, it moves, it uplifts, inspires and elevates the vibration of this planet.

# Endorsements

"In this day and age when people are in fear and doubt and so much into mental wrestling, the book provides a refreshing alternative. This is the first book I recommend on heart-conscious living"  
~JED

"This amazing book is loaded with lessons and important ideas! Read it, apply it, and let it change your life." ~Brian Tracy,  
Author/Speaker/Consultant

"JM Enage presents both the fixed and growth HEARTSET the problem as well as the solution in a clear and interesting way. a truly transformational read!" ~Raymond Aaron, NY Times Top Ten Bestselling Author

"I have done and taught those heart-based meditations and yoga exercises for years - they work! It elevates and transforms mind, body and spirit! " ~Guru Raj Khalsa, Yoga Teacher Trainer KRI, YogaWest

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# Introduction



*Only through the bringing together of head and heart-intelligence and goodness shall man rise to a fulfillment of his true nature.*

**~Martin Luther King Jr**

**I**t was about eleven years ago that I read a book that transformed my life in many ways. It was a manuscript that tipped the scale and shifted my consciousness from one of **living through life** to one of **living creatively with life**.

The book by Dr. Carol Dweck was called *Mindset*. It taught that there were two types of people in the world - those with a **growth** mindset and those with a **fixed** mindset. Those with a growth mindset recognize their gifts and continuously grow and expand it. A fixed mindset, in contrast, just receives its gifts and does not do much about it. We are all given talents or gifts by God. As seen in the *Parable of the Talents*, there are those who wisely invest and grow what they are given and are rewarded with more. Then there are those who just hide it and keep it and the gift is taken away. The world has both types of mindsets or frameworks. It is a product of the way we were brought up, trained and conditioned by our parents, school, culture, religion and society.

95% of us live from this conditioning of the past. The paradigm is a mental program that has almost exclusive control of our behavior... and almost all of our behavior is habitual. Do we see the world as it truly is or do we see it as we were programmed to see it? To shift away from this rote behavior requires an

environment that promotes it or a personal awakening. My call to consciousness arose from reading this book. It has expanded my growth in many different ways – from sports achievements, to financial blessings, to expanded friendships and improved relationships.

We all have a choice: Do I live a life as a victim or as an agent? Do I live in a friendly Universe or one that sucks? Is the entire world dangerous, with fleeting moments of safety, or is the opposite true? Is everything out there or inside of me? Is it positive? Is it negative? Or is it neutral and I just see the balance in both positives and negatives? And is it up to me to give it new meaning to make that change or that needed shift? Bob Proctor often says: "You may not be responsible for who you are but you are responsible for changing it." You may not be responsible for the talents and mindset you receive, but it is your responsibility to discover what you have, change them, and grow them.

Where the mindset ends, the heart-set begins.

This shift in paradigm mentally prepared me to seek other ways to improve and grow my material mind and body. But there was another aspect of my being that needed attention - my humanity. After all, we are spiritual beings living in a material world. We are mind, body and spirit. To completely fulfill and balance one's self as a whole person you have to account for the spiritual dimension. And what better conduit between material and spiritual world than the heart?

The heart energy center is midway between your root energy center, grounding you to the earth and your crown energy center, connecting you to the Infinite. It is a synergistic and integrative gateway. Mystics, yogis, artists, writers, poets, spiritual and business and political leaders alike have often referred to it as a powerful guiding force. This fifth energy center in our human body goes beyond its biological functions of pumping blood, respiration

and circulation. The heart is actually the seat of consciousness and connection to our soul and true happiness. But like the mind, how can you set the heart to bring you to the next level? How can you harness its powerful nature? Like a GPS system, how can you tune it to your advantage?

Just as the mind can be shifted, the heart can be directed and re-focused like an electronic compass or GPS. But it is not an actual shift in physical direction. It is a shift in consciousness and awareness. It is a shift from static to dynamic growth and expansion. It is the adjustment of an internal setting that says "I will use my mind and body congruently under the direction of the highly intelligent heart". But unlearning bad habits, like learning any skill, requires practice, repetition and training. It is a journey from unconscious incompetence (you don't know that you don't know), to conscious incompetence (you know that you don't know) to conscious competence (you know that you know) to unconscious competence (it is now an unconscious habit). It is a continuous process of expansion in consciousness.

Dr. Maxwell Maltz, in his book *Psycho Cybernetics*, says to change a habit you need 21 days. Yogis say 90 days and to make it permanent change, you need 1000 days. At the end of each chapter are habituation exercise assignments called "HeartSetting™" designed to purge old habits and create new ones. They are a set of activities, meditations and kriyas (set of actions to create a desired result) after each chapter to help you throughout this journey of unlearning, learning, re-programming and transformation. Heartset is not a one-time reading. It is to be tasted, nibbled and bitten. It is to be digested, assimilated, re-assimilated and embodied. As a yoga teacher and writer, I am just the channel or midwife for this seed of wisdom. It is my hope it inspires you, the reader, to transform and be re-born. Heartset is the framework through which your life defines and manifests itself.



It is my hope that you persevere through the activities and exercises. Your perspective will change significantly. For when perspectives change, meaning changes as well, and when meaning changes lives shift. Heartset has helped me have a powerful personal re-setting. It is my wish and expectation that this manuscript acts like a GPS system in your exploration of your heart consciousness, so you can live a richer, more bountiful, and complete life.

# PART I

## The Essentials of the Heart

# Chapter 1

## The Heart as More than an Organ



*"Only love is real. Everything else is illusion."*

**Carol King**

**L**ife sometimes throws us events and circumstances tailored to our specific needs for growing. For me, this was a childhood filled with self-consciousness and shyness. My heart wasn't set on self-acceptance and love. I spent years working to improve my mindset with limited success. Then I had a powerful dream when my spiritual guide told me that mankind neglects the most important aspect we have within us: the heart. That, it turns out, was the key to everything for me.

In biology they teach us that the heart is the primary organ that keeps the body functioning and operating. It was like comparing the body to a machine or computer. For it to operate you need a processor. Likewise for a body to function, it needs the heart to pump blood, to coordinate respiration and direct the different body parts like the brain. It powers the circulatory system. It is a transportation tool for nutrients, oxygen, waste, heat, hormones, and immune cells. But is maintaining pressure all it's cut out to do? Is there more to this 300-gram organ than just pumping blood to the physical body? Contrary to this common perception, more and more scientific evidence points to this organ as a thinking, creating, and remembering organ.

## **It Knows**

New scientific studies have discovered the field of Neurocardiology. It's been discovered that in the communication between the brain and the heart, there's more information coming from the heart to the brain than the other way around. The heart has 40,000 neurites or brain-like cells that think independently of the brain.

HeartMath Institute conducted a cognitive study where subjects were tested with brain and cardio (EEGs/ ECGs) scanners and were shown different pictures that would generate emotional reactions. The subjects were shown pictures of frightening or traumatic incidents, such as snakes striking and car crashes, as well as pleasant pictures of puppies and sunsets. The computer would display the photos randomly. It was found that the heart responded by slowing down five seconds prior to the appearance of a highly stimulating picture. Every subject showed the same neurological response. Our heart sets up our system to deal with fight or flight or relaxation of the autonomic nervous system, an instant *before* the event. The flow of information that moves through the body can be understood as heart information sent to the brain. Brain information is then sent to the gut to produce the body's response. What the brain did not conceive, the heart had already known. The brain thinks, but the heart knows.

Imagine yourself going through the winding Amazon river on a raft. You are surrounded by the wild. A midst the beauty of nature, the unknown is around the next corner. The brain scans the immediate area and can see the bend in the river up ahead. The heart, on the other hand, sees the whole map - four bends up is a beautiful waterfall, eight bends further beyond the mountain is a river of alligators, and it even sees the destination camp ten miles away. The brain thinks, but the heart knows.

## **It Creates**

Evidence's has shown that you attract and create whatever your heart desires. Assuming that all matter is energy, Heartmath Insitute says that the heart is like a strong magnet to the field of energy surrounding us. As Dr. Joe Dispenza says, the combination of focused attention plus elevated emotion brings about manifestation and creation. The heart after all is 5000 times more electro-magnetically powerful than the brain and can influence your surroundings several meters away from your body.

Alexjandra Kelic demonstrated the power of this principle. She was sick, miserable, and could not sleep well; the doctors told her she had a faulty heart valve that needed an operation. However, she heard about the power of the body to self-heal, self-regenerate and self-regulate and went into a transformation program. She felt happier, as though she had a new lease on life. By focusing on her well-being and being emotionally charged to love life once again, she recovered to tell her inspiring story. After doing the "inner work," all her cardiac symptoms went away. She did not have to go through the traditional heart operation.

## **It Remembers**

Studies have shown that the heart organ appears to have cellular memories. They don't just think, create, and attract; they also remember. Bill Wohl was a hardworking executive until cardiac disease nearly killed him in 2000. A heart transplant at the University of Arizona medical center saved his life—and transformed it in ways he could never have imagined. Weeks after his operation, Wohl, at 58, heard a song on the radio by the British vocalist Sade. "I just started crying and rocking," he recalls. This was strange, since before the surgery, Wohl hadn't heard of Sade and was not the type to mist up over a torch song. Intrigued, he

later contacted the family of organ donor Michael Brady, the 36-year-old Hollywood stuntman who was his heart donor. He made an interesting discovery. Sade was one of Brady's favorite singers. "It was," says Wohl, "really, really freaky."

University of Arizona psychologist Gary Schwartz advocates a theory to explain the curious phenomenon. Dubbed "cellular memory," the theory holds that, since every cell in the body contains a complete set of genetic material, transplant patients inherit DNA from their donors which determines, in part, how a person thinks, behaves, and even eats. "Hearts can have memory, as brains do," says Schwartz.

Although research on this phenomenon is still in the early stages, more and more cases are showing results that support this. According to the Heartmath Institute the **heart** has a system of neurons that have both short- and long-term **memories**, and the signals they send to the brain can affect our emotional experiences.



## **HeartSetting™ for Awareness**

Are you sometimes in fear and anger? The ego or the monkey-mind is in control? Are you on emotional lock-down? Explore and practice this proven Heartmath technique daily for 21 days and see what shift happens.

Find a calm place where you can stand or sit in peace. Relax your body. Close your eyes, go within and take a slow breath counting up to 4, then exhale counting up to 4. do this at least 4 times. Then with your hands on your chest - left hand on chest and right hand atop left-- breath in deep and slowly filling up your belly and chest with air. As you inhale, listen and notice any feelings -observe

them, recognize them and embrace them. On the exhale let go. Repeat - inhale and notice anything then exhale and let go. Continue inhaling and exhaling for 3-5 minutes. You can say silently and feel it at the same time: I breathe in all that is peaceful, good and loving and breathe out all that is not from God, all that does not serve me(not you) and the good of others.

# HEARTSET

ARE YOU ON MENTAL-EMOTIONAL LOCKDOWN?

ARE YOU FEELING STUCK, BLOCKED & LIMITED?

You will discover how simple (but not always easy) it is to:

- Reverse the 95% of brain-body programs that control you
- Detoxify embedded negative emotions and thoughts and regain your energy, health and wellness
- Break out of a fixed heart-set and have success in school, work, art, sports or relationships
- Use the H-E-A-R-T-S-E-T Formula for growth and abundance
- Increase your clarity, confidence & compassion
- Use proven breathing, meditating and yogic kriyas that transform and unify your mind, body and spirit.

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JM Enage, the multi-award author of Extraordinary Customer Service, has been providing heart-focused customer experience for over 15 years. He's an evangelist for intuitive and heart-centered living, health & wellness and is a healing practitioner-teacher in the fields of meditation, energy, Reiki and yoga. An artist, hiker-travel adventurer at heart, he explores the inner and outer worlds researching ways to bridge science and spirituality.

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