

MANIFEST FROM THE



HEART

THE EASY WAY TO TAP INTO THE  
UNBRIDLED POWER THAT CREATES REAL  
PROSPERITY, HAPPINESS AND WELL-BEING

# **MANIFEST FROM THE HEART**

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Special Training Guide

*By Henk J.M. Schram*

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Wherever you go,  
go with all your heart.

Confucius

# *Introduction*

**What you're about to discover is quite literally 'mind-blowing:'**

- ➡ Not only will you walk away with an enormously enhanced conception of your personal transformative powers and the accompanying expanded sense of what's possible for your life... *But what's more:*
- ➡ You'll discover a straightforward method to *quickly and positively* transform both *your own* world and that of *others* in ways *so pervasive and rewarding*, that you probably can't even begin to imagine its profound transformational effects, simply because it seems so simplistic.

*This practical step of getting out of your mind and into your heart is truly the easiest thing to do, and it has endless personal benefits for anyone who does it with at least a minimal degree of genuineness.*

**Here's how this quick little training is set up:**

- ➡ The first few sections set the stage for your ability to *appreciate* the jaw-dropping power of the skills you learn on the *Heart-Core Power* training.

They do so by giving you a quick and concise outline of a number of very interesting, though little-known and often completely overlooked facts that illustrate *why* tapping into the power of your heart is more pervasive and effective than anything else when seeking to transform your life experience.

- ➡ After that, you'll learn a deceptively simple practice to begin to actually awaken this power and translate it into tangible, real-world results. You'll be astonished that something so powerful can be so simple!

*Be sure to apply everything you learn here, as soon as you possibly can. Because as you're about to discover, both your own well-being and the sake of the world in general depend on it! (<-- No pressure...)*

Enjoy!

# *Matters of the Heart*

**Let me begin by asking you this:**

*Have you ever paid attention to the words we use when referring to feelings and emotions of gratitude, appreciation, love, passion, and so on?*

We say things like:

- ✓ “It’s coming from the heart.”
- ✓ “A heartfelt thank you!”
- ✓ “I love you with all my heart.”
- ✓ “Thank you from the bottom of my heart.”
- ✓ “I put my heart into this.”

Or:

- ✓ “It broke my heart...”
- ✓ “It’s a real heartache...”

*So in this context, what is this ‘heart’ we keep referring to really... beyond the blazingly obvious and any vague cosmic optimism?*

Let’s explore the facts...

# The Human Heart

The human 'heart' is actually very much misunderstood:

- ➔ Most people see it as nothing more than a muscle that mechanically pumps around blood to circulate it in the body through all its veins and capillaries.
- ➔ Others have a more expansive vision of it, and refer to it as the 'heart chakra,' which – according to tantric and yogic traditions – is the central 'spinning wheel' in a larger system of subtle energy vortices that permeate the various physical and 'energetic' layers of our bodies.

Either way, few people have a really clear and tangible image of what the heart really is and does, and its crucial importance and impact on the overall state of our *mind/body*-system on all its various levels (<-- and thus indirectly on our ability to 'manifest' the kind of life experience we long for).

So for the sake of appreciating both its jaw-dropping power as well as its essential importance and impact on our energy, let's go over a few interesting facts about the 'heart' and how it influences four key aspects of life:



## **Please Note:**

**A deep understanding of any of these facts is not a requirement to be able to reap the benefits of this training.**

The following data merely illustrate the profound effectiveness of the simple techniques you learn. As such, it supports your ability to accept them as your truth, and by extension your capacity to leverage the liberating powers that entail.

*However, if these facts are too scientific to your liking and merely cause you confusion, feel free to skip ahead to the next section. So with that said, let's explore those facts...*

## ➔ **The Heart and Its Central Importance to Our Overall State of Being:**

- ✓ We all know how changes in emotions are accompanied by predictable physiological changes, like in heart rate, blood pressure, and other bodily functions.

In this context, for the longest time it was assumed that it was *only* the brain that was responsible for the reaction of our body to a certain stimulus – we thought it would interpret the environment and then signal the response it deemed appropriate via the central nervous system to other parts of the body.

However, research has shown that the *heart* actually has *its own logic*, which often turns out to deviate from this 'regular' direction of communication. *In fact:*

It turns out that the heart actually sends meaningful messages to the brain (<-- *i.e. the opposite direction!*). And in turn the brain not only *understands* these signals, but also

*obeys* them [1]. As such, the heart communicates with the brain in ways that have a significant impact on how we perceive and react to the world:

Neurophysicists have actually discovered a neural pathway and mechanism through which the heart is able to *inhibit* and/or *facilitate* the brain's electrical activity, and thus influence the way we *perceive the world* and *make decisions*, as well as *other cognitive processes* that determine how we react in response to environmental cues [2].

The latter process is explained in more detail in the second study guide in the complimentary 'Crack Your Egg' introduction series, which you can freely access [here](#).

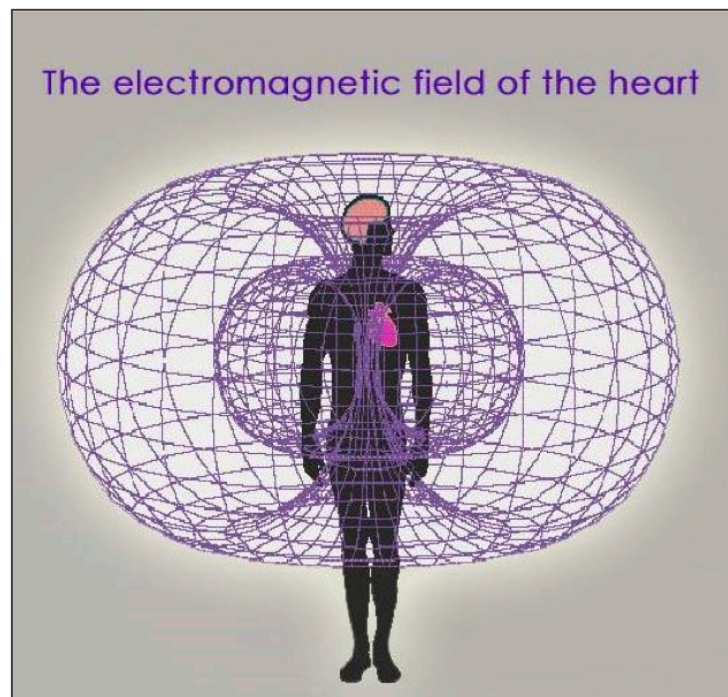
- ✓ Later research also shed light on what has become known as the 'heart brain,' a complex and sophisticated nervous system that's *intrinsic to the heart* and consists of around 40,000 neurons called 'sensory neurites.'

With this nervous system of its own, the heart can *independently* learn, remember, feel, sense, and make functional decisions *without involvement from the brain* [3, 4].

- ✓ Another study on the heart revealed that it not only communicates information *physically* to the brain through the extensive neural pathways mentioned above, but also through *electromagnetic field interactions*.

According to Rollin McCraty, Director of Research at the [Institute of HeartMath](#), it turns out that the heart's electromagnetic field is the most powerful and most extensive one in the human body, and about *5,000 times stronger than the electromagnetic field of the brain*.

With sensitive measuring equipment called 'magneto-meters' it can be detected several feet away from the body, of which the image below gives a schematic impression [5]:



*And that brings us to the next illustration of how our 'heart' impacts our world...*

## ➡ The Heart and Its 'External Reach:'

- ✓ Today we have concrete evidence of a subtle, yet highly influential electromagnetic (or 'energetic') communication system that operates just below our conscious awareness.

Research by the Institute of HeartMath has shown remarkable evidence that the heart's electromagnetic field can transmit information *between different people*. At the time of writing this training guide, such energy exchange has so far been measured between individuals who were standing *up to five feet apart*.

McCraty proposes that energetic interactions through this field contribute to certain 'magnetic' attractions and/or repulsions that may occur between people, and may thus greatly affect social relationships [6].

It has also become clear that *one person's brain waves* can synchronize with *another person's heart*. This happened most notably when a person was generating a *coherent* heart rhythm, suggesting that when our 'mind/body'-systems are in a harmonious state, we may become more aware of the heart fields of those around us, and more attuned to the information encoded in them.

*But beyond that, the heart also greatly impacts another essential aspect of our well-being...*

## ➡ The Heart and Our Health:

- ✓ As mentioned before, we all know about the importance of the physical heart in its function as a muscle that pumps the blood through the body (<-- *which we actually treat as our primary vital sign!*).

However, the heart turns out to be more than just an organ in *other* respects too – for instance, it appears to operate as an actual *endocrine gland* that secretes hormones with various important functions.

One of these hormones is called *atrial natriuretic factor* (ANF), which significantly influences the state of our bodies' blood vessels, kidneys, adrenal glands, and a large number of regulatory regions in the brain.

The heart also contains cells known as *intrinsic cardiac adrenergic* (ICA) cells, which release noradrenaline and dopamine neurotransmitters.

Moreover, it secretes a hormone called *oxytocin*, which is commonly referred to as the 'love hormone' or 'bonding hormone.' It's involved in childbirth and lactation, as well as in cognition, tolerance, adaptation, complex sexual and maternal behaviors, the apprehension of social cues, and the establishment of enduring pair bonds.

- ✓ Furthermore, an interesting fact came out of research by David Vesely, MD, PhD, professor of medicine, molecular pharmacology and physiology at the University of South Florida, as well as chief of endocrinology, diabetes and metabolism at the James A. Haley VA Hospital in Tampa (<-- *at least at the time of writing this training guide...*).

He discovered that heart hormones were able to get rid of up to 97% of all cancers in cell cultures within 24 hours [7]!

- ✓ Additionally, the Institute of HeartMath has established that the heart plays a fundamental role in *stabilizing* and *destabilizing* emotions, and harmonizing and disturbing the interaction between *itself*, the *central nervous system* and the *brain*.

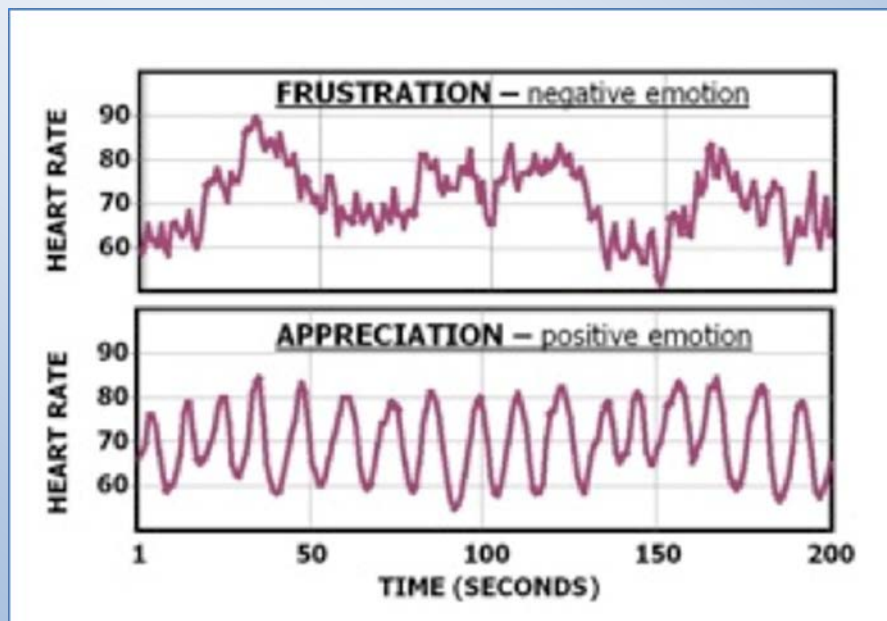
When these three systems are out of synch, we feel completely incoherent (<-- or in scientific jargon: like crap) [8, 9].

- ✓ Beyond all the above, considerable research has demonstrated that dark and lowering emotional states generate imbalanced heart rhythm patterns. This, in turn, distorts the relationship between the heart, the central nervous system and the brain. And when that happens, we feel like all proverbial hell is breaking loose mentally, emotionally and even physically.

In fact, this illustrates the actuality of 'heart-ache,' how stress and other emotions can cause heart attacks, and why people can actually die from a 'broken heart.' The impact of an emotionally traumatic or shocking experience can simply trigger severely incoherent heart rhythms, with all the physical consequences that entail.

### To wit:

Love, compassion, caring and appreciation have been shown to do the *opposite*: they actually lead to *coherent* heart rhythm patterns, of which the graph below gives an impression:



And to conclude this exploration, here's another interesting area in which the heart turns out to play a role...

## ➔ The Heart and Intuitive Perception

- ✓ The heart actually appears to be involved in the processing and decoding of intuitive information. Its electromagnetic field turns out to be directly involved in intuitive perception through its coupling with an energetic information field that resides *beyond* the boundaries of space and time [10]. *And brace yourself for this one:*

Other research revealed evidence that both the heart and the brain receive and respond to information about a future event before the event actually happens!

Even more surprisingly, the heart appears to receive this intuitive information before the brain does [11, 12].

**That's why we say "I knew it in my heart" and "follow your heart:"**

This is where we actually *feel* 'intuitive knowing;' when we intuitively *know* something, we don't sit down and think it through. We just know it; it's there, in an instant.

With this type of *knowing*, there's no need to ponder the *ifs, buts, pros, cons*, etc. in an attempt to try and work it all out on an *intellectual* level – that's what the *mind* does with the help of the *brain*. By contrast, the *heart* knows instantaneously.

**There's a lot more to be told about the heart. However, the above clearly illustrates how the human heart is *much more* than just a muscle that pumps around blood in the body. Evidently:**

- ➡ It has a huge impact on the overall state of our *mind/body*-systems...
- ➡ It significantly influences our health and well-being... *and:*
- ➡ Through its own, independent perceptive and broadcasting abilities, it fosters our ability to tune into our capacity for intuitive knowing, and even our subtle connections with other people and 'life' in general.

*And that brings us to a related area of interest...*

# Hypercommunication

It's *not just* the *heart* that plays a central role in the 'subtle' connection and communication with others and the world around us...

*There's a phenomenon known as 'hypercommunication,' which basically comes down to a case where individual minds connect on a 'psychic,' intuitive level to form a joint communication network of sorts.*

**To get a clear understanding of how this works, think of an ant colony, which appears to be coordinated through exactly this type of subtle communication:**

When a queen ant is separated from her colony, the worker ants continue to build and construct the colony as if nothing ever changed, and as though they have some sort of blueprint for what to do. It doesn't really matter *where* the queen ant is, as long as she's *alive*.



However, when the queen ant is killed, all work in the ant colony immediately ceases, as if nobody knows what to do anymore, because the blueprint they used to be able to access has been taken offline.

**So apparently, there's some type of communication going on between the queen ant and the worker ants on 'subtle' levels that we're unable to directly detect:**

They don't need to be in physical contact or proximity for this communication to occur – it takes place on a more 'energetic' level, outside the bandwidth of our three-dimensional reality's frequency range.

*Because of this aspect of 'non-locality,' a different way to describe such 'hypercommunication' could be 'quantum communication.'*

*The research we explored in the previous section also suggests that aside from on a 'physical level' alone, we humans can connect with each other through this type of quantum communication as well (<-- for example: when one person's brain synchronizes with another person's heart).*

**And to add to that, contemporary research into the nature of DNA suggests the same thing [13]:**

- ➡ Russian biophysicist and molecular biologist Pjotr Garjajev has found that the 90% of DNA (probably even more) that's often so ludicrously explained away as 'junk' (<-- *as if more than 90% of this stuff is all there for nothing*) does indeed have complex properties.

- ➔ According to him and his team, DNA is *not* merely used to coordinate protein synthesis in our bodies (<-- *which is what the 10% that mainstream science focuses on is for*). Instead, the other parts of our DNA seem to actually be used as a medium for *storage and reception of information*, as well as for *hypercommunication*.
- ➔ Garjajev and his group analyzed the vibrational response of DNA, and concluded that it can function much like networked intelligence, allowing for *hypercommunication* amongst all sentient beings. They demonstrated how DNA operates through resonance and vibratory frequencies, and how it can be modified through the impact of external frequencies.

**There's a lot more to say about Garjajev's studies, and truth be told, it doesn't seem like they've been replicated by other scientists at the time of writing this training guide. Nevertheless, it could be a first stepping stone towards the scientific explanation for some pretty amazing phenomena (such as spontaneous remission and self-healing, remote acts of healing, intuition, etc.).**

Either way, the information about the heart and DNA outlined above clearly illustrates our inherent ability to mutually connect and influence the world around us in subtle, yet truly astonishing ways that we may not always realize because it takes place on levels outside of our conscious awareness.

*This ability allows us to pull off surprising feats that might be regarded as almost 'magical' from our common perception of reality... both for ourselves and others... especially when we consciously join, connect and align on a more collective level.*

#### **To illustrate this, check out examples like these:**

You've probably heard of the group of transcendental meditators in Washington D.C. that collectively focused on the intent to increase their mental and emotional harmony, thus contributing to an overall decrease of stress in the area.



The study was just a temporary experiment involving 4,000 meditators, but still it turned out to significantly decrease in Washington D.C.'s crime rate during the experiment.

But moreover, based on the study's results, the *long-term* effect that a permanent group of 4,000 participants in the meditation program would have, was calculated to be a 48% reduction in the number of homicides, rapes, and assaults in the District of Columbia [14].

*That's huge, especially considering the fact that nobody really did anything but meditate and work on their own mental and emotional harmony to elicit this effect!*

And then there's the '[Global Consciousness Project](#).' This endeavor was initiated in 1998 out of Princeton University to study the impact of human consciousness on the 'real' world.

The project uses so-called 'random event generators' (<-- 'electrogaigrams' or EGGs) that are installed on every continent and with nodes on more than 50 locations. The goal is to observe whether human consciousness can influence the outcome of random events.

The project still continues till this day and has concluded so far that...:

*"The results are evidence that the physical world and our mental world of information and meaning are linked in ways that we don't yet understand."* [15]

**Or maybe we actually *do* understand these ways:**

As you can read in the second study guide of the [Crack Your Egg Introduction Series](#), experiments have demonstrated that DNA can imprint information into energy fields (<-- referred to as the 'DNA Phantom Effect'), and the explained 'hypercommunication' could be a valid clarification of this 'link.'

*So in summary, it seems like we can communicate and connect with each other through heart and DNA transmissions, and probably on deeper levels of consciousness as well.*

**It appears that we're all seamlessly connected to *everyone* and *everything else*, which offers fascinating and mind-boggling opportunities to draw amazing things into our experience, *at least once we take conscious control of our energy fields and their 'hypercommunicative' broadcast.***

This way, we can establish amazing, positive and tremendously rewarding transformations in both *our own lives*, as well as the lives of *everyone else* while we're at it.

*Here's how...*

# How To Get More Of What We Really Want

To deliberately influence our lives, realities and destinies in a way that gets us more of what we really want out of life, an absolute prerequisite is to establish inner coherence and harmony, thus automatically bringing about more harmony in other people and the world around us as well.

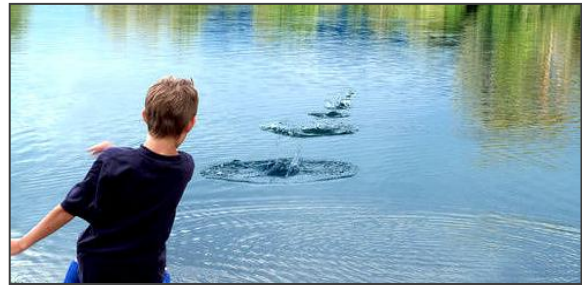
Such *integrity* is the basic state from where we can ‘manifest’ more and more rewarding experiences, and build the kind of forward momentum that instigates ‘upward spirals’ of ever-growing success and fulfillment in our lives, which will reflect in *any* area – be it our finances, health, emotional well-being, relationships, or our general effectiveness in realizing our goals and aspirations.

So how do we get into such a state of integrity, coherence and harmony?

There are various aspects and caveats to the process (<-- which we’ll explore as we progress on this training). But in short, it requires a shift in consciousness. And there’s an extremely simple way to instigate one. Look at it this way:

- ➡ Physicists know how a wave can propagate itself quite far through a medium. Think about throwing a stone into a pond:

The resulting waves will continue to affect the water long after the stone has sunk to the bottom.



**We experience something like this every day through all the negativity that’s constantly imposed upon us, for example through the constant fear-mongering of the mass media:**

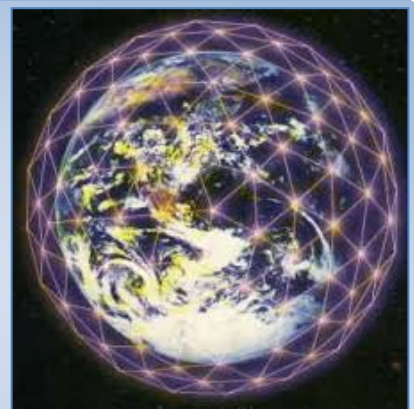
- ✓ Day after day we’re bombarded with repetitive stings of reports that almost invariably communicate the implicit message that we need to constantly be on guard for bad things to happen and mistrust other people.
- ✓ And this keeps the great majority of us in the same state of mind that actually *instigates* the very ‘waves of negativity’ that may ultimately cause the disturbing events reported on the news.

Such currents keep propagating. And as more and more people pick up on them, they keep growing stronger – much like the amplitude of a wave increases when multiple waves resonate and synchronize. Before we know it, things get worse and worse.

**What most people don’t realize is that this doesn’t just occur on an *individual* level, but also on a *collective* level.**

While we have our own *individual* consciousness and perspective of reality, the research outlined in the previous sections illustrates how we’re also seamlessly part of a ‘*collective* consciousness.’

*Thus, what we see happening on a global scale can be seen as a reflection of the overall state of the collective human mind.*



### Put simply:

If humanity as a whole doesn't *like, love* and *respect* itself, it'll create a reality that reflects that state of (collective) mind on this planet. It'll bring about the physical manifestations that reflect its own sense of self-worth and potential. In straightforward terms:

*Take a look at the overall state of the world, and you'll have a good impression of the overall state of the collective human mind.*

But because of this seamless connection, there's always something we *ourselves* can do... Beyond the huge, positive effect this has on our *individual* state, it will also extend to a *collective* scale (even though it may not be immediately apparent), *and then come back to us with increased amplitude – i.e. enormously elevated strength!*

➔ In this context, it's worth realizing that everything we *think, say* and *do* makes waves in the collective human mind in a way that's akin to throwing a rock into a pond. For example:

- ✓ If you walk into a shop and you're nasty and unpleasant to the person working there, he or she'll get angry and upset.

After you're gone, he'll be less than pleasant to his next customer or his wife and kids. This will upset *them* too, and so it goes on... The 'wave of nastiness' keeps propagating.

- ✓ But on the other hand, if you knock on the door of the boss that no one likes and say you think he's doing a great job and what a pleasure it is to work for him, you'll probably make his day. No one will have said that to him before.

He'll be uplifted by the compliment, and chances are *that's* going to be reflected in the way he treats the rest of his staff.

In turn, these people feel happier and enjoy their work more, and so they'll be more pleasant to their families when they come home. The 'wave of being nice' keeps propagating.

*So how you treat other people in the grocery store, at the office, at the bar, or wherever may not appear to be revolutionary... but it is. It starts with the little things, and before you know it, the small waves you make can turn into a tidal wave of consciousness transformation impacting the whole of humanity.*

This is akin to what's dubbed the 'Butterfly Effect:' a butterfly that flaps its wings on one side of the world might ultimately be the source of a typhoon on the other end of the world.

**You can instigate such a process to your own benefit and to the benefit of many others. And if momentum does indeed build, it can mark the beginning of a tidal wave of a consciousness shift.**

*How?*

Simply by throwing a small (symbolic) rock into the pond of collective human mind.

*And to do so is child's play. Let me explain...*

# ***Making Waves In The Collective Human Mind***

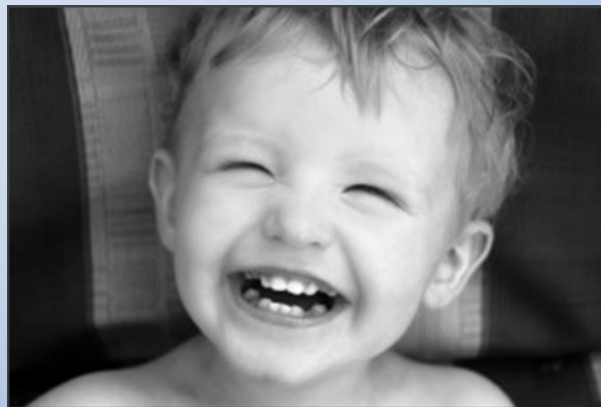
Here's an extremely simple way to instigate a shift, both in your own world and that of others:

- ➔ **Give another person a compliment. Be sure it's genuine and comes "from the heart." Make some waves this way, and deliberately spread the good vibes.**

This will *not only* instigate a current of 'pleasantness' that will eventually return to you in a shape that's much more powerful than how you started it. In addition, *it will implicitly put your focus on what's good in your world right now*, and thus *automatically* put you in a 'positive vibe.'

*Note that would be an automatic effect – you won't need any fake, manufactured 'gratitude' or mentally-enforced positivity. After all: in order to make a genuine compliment, there's no way around finding something positive – it's an automatic, implicit effect of the act itself. (<-- And of course, it has a wonderful effect on the receiving party as well.)*

As illustration, think of the [genuine laugh](#) and the sparkling eyes of a kid when getting a genuine compliment or hearing rewarding words of encouragement after doing something good – you can actually see them ['lighting up.'](#)



Actively *giving* a compliment can have a similar effect on *yourself* too (<-- *as it does on others*), provided you do it *genuinely*. Just try it and see for yourself.

Do this once every day, at the very least. But realize there's *no upper limit* to the frequency, as long as you do it genuinely and 'from the heart.'

*And secondly, by the same token:*

- ➔ **Every time someone gives you a compliment or does something nice for you, say "thank you," and mean it. In addition, immediately reinforce the feeling by telling yourself: "I deserve this."**

Much of what you ask for in life is delivered *through other people*, so be ready to receive it as such. Responding as described above is a simple way to learn to open yourself up to receiving the good things in life, which happens to be something a lot of people struggle with and one of the main reasons they never seem to be able to 'manifest their desires.'

Don't act as if you don't deserve it or say things like "oh, it was nothing" or "I can't accept this." Because you *can*, and you *will*. In fact, you need to train yourself to do so as quickly as possible if this is a challenge for you and you want your life to get better.

Act a bit like [you're a kid](#) whose perception isn't yet distorted through all kinds of mental and emotional filters. Stop accepting your conditioned mind's justifications for supposedly *not* deserving it, or for distrusting the other party... assuming they don't really mean it and are just saying it out of manipulating motives and/or to make you feel better.

*Stick to this practice, and such resistance will soon fade.*

**If done genuinely and consistently, a routine as simple as this can make a *huge* difference in yourself, those around you, and even the world in general. In summary:**

- ➡ As we've seen, *actively* and *deliberately giving out* genuine appreciation and gratitude works wonders in generating harmony in the state of your own *mind/body*-system. It will expand your heart and increase the power of its electromagnetic field.
- ➡ We've also seen how, in turn, this positively impacts your health, your ability to connect with others, your adequacy to tune into your inherent capacity for intuitive perception, and the nature of your life experience in general.
- ➡ And finally, we've seen the limitless potential for such coherent and harmonious vibes to spread out to the rest of humanity... even way beyond your physical proximity.

**And the best thing is that it's the simplest act to perform. So let me do the honors of kicking this thing off:**

*You, my friend, are amazing! Thank you from the bottom of my heart for being part of my experience. I think you're awesome. There's a magic running through your soul, I believe in you, and I can truly see great things happening for you!*

**Now go out there, make some waves of your own, and spread the good vibes!**

P.S. Below is a short film that became popular a while ago, which makes up an entertaining illustration of the concept of this training guide (<-- just click on it, and you'll be taken to a page where it'll start playing).



In my humble opinion it starts off a little cheesy, but the story takes off after about four minutes and is definitely worth watching! (<-- After watching, turn the page for some final words of importance!)

# Conclusion

To *genuinely* 'manifest from the heart' is absolutely and *by far* the most powerful and rewarding way to get more of what we truly want out of life. In fact, it's the starting point from which *any* other 'manifesting' technique, trick, or 'gimmick' becomes effective.

## Simply put:

- ➔ If your *heart* is not in it, then try as you might, but the people, situations and circumstances you pull into your life will hardly ever match the visions, hopes and expectations you had of them.
- ➔ However, if your heart *is* in it, you'll appear to draw the kind of people, situations and circumstances into your life that *do* reflect the nature of the dreams and aspirations you hold, and that strongly facilitate their coming to pass.

**Without such a fundamental orientation of heartfelt connection with 'life' on both the *giving* and the *receiving* end, *nothing* will seem to go our way, and we never seem to get the results we want.**

*So to get the kind of results we long for, it's paramount that we come from the heart. It's the starting point from which all else follows. It will reflect in our health, relationships, wealth, intuition and general sense of well-being in life.*

**This training guide shared with you an extremely simple way to *spark, arouse* and *energize* such a fundamental, *heartfelt* orientation.**

Make it your goal to turn the two simple practices you've learned into an automatic habit. To do so, incorporate them in your *daily* routine for at least 90 *consecutive* days (*<-- if you skipped a day, start all over until you've consciously put them in practice for 90 consecutive days*).



## **Please Note:**

In our upcoming interactions we'll expand on this practice with highly-effective strategies to *increase* its effects *exponentially*, and to get a lot more results in terms of manifesting the kind of life experience you envision for yourself, whichever area of life (money, health, relationships, emotional well-being, etc.) is your primary focus for improvement.

*Now as a little heads-up (and a word of warning):*

- ➔ Practicing the routine as suggested in this training guide may feel a little awkward during the first two weeks of doing so. But keep it up, and it'll soon become second nature!
- ➔ And once it does, I guarantee that the nature of your life experience will begin to exceed your expectations, and change into a very pleasurable and fulfilling one!

***Just do it... consistently and genuinely... from the heart... and you'll see for yourself.***

*Let me know how it goes!*

## *Final Words:*

# *The Bigger Picture*

For many people, the simple practice of this training guide alone will be enough to instigate the kind of shift in their lives they're looking for. All they need is a little twist like this to their already existing efforts. Others need to add a little more fuel to the fire.

*For example, you may find it hard to keep up the suggested routine, because of the strong resistance imposed by (unconscious) parts of your 'mind/body'-system that don't believe and/or refuse to go along with this new orientation.*

**We've all experienced this type of resistance:**

- ➔ It's like a strange type of energy that always seems to put up a block to whatever endeavor we seem to pursue...
- ➔ It's a 'presence' of sorts that feels *incapacitating, frustrating, or depressing*, and sometimes even *scary*...

*It does so, because it's literally the repression of the naturally expansive nature of our soul, which instead gets contained, kept small and squeezed together.*

**As a tangible visualization, I like to symbolize this inhibiting energy as an egg-shaped force field that suppresses our very 'life force,' i.e. our *core* 'vital energy.'**

And the stronger this kind of inhibition becomes, the more *frustrated, depressed, paralyzed* and *powerless* we feel. And yet, it's this 'life force' that's the *very* fuel that drives us forward in life.



It's a fundamental *ecstasy* that's constantly seeking expression and expansion *through* us, a humungous and inexhaustible resource of energy and 'manifesting power,' *unequaled by anything*. It can incite the realization of *any* genuine intent we have, and allows us to do *anything* we *really* want to do with unparalleled vigor.

*This* is the spark that animates our ability to manifest our *deepest* dreams and desires. And as long as it's repressed and blocked in its natural urge for expression and expansion, we *never* get the results we long for (*<-- in fact, we usually get the very opposite results and tend to feel an ongoing sense of inner discord*).



But once this energy is set free and allowed to *freely flow, enlarge* and *aggrandize*, the expansion of our soul becomes a *natural* and almost *automatic* occurrence. We'll notice that our power and ability to actualize our visions and aspirations *increases exponentially*, and the world seems to *come to our aid* in helping them come to pass.

**As such, to 'crack our egg' is the most empowering thing we can ever do to enable ourselves to 'manifest from the heart' and put the ever-expanding power of our 'heart and soul' into our efforts.**



**Please Note:**

**There's much more to learn about the nature of this 'egg,' and more importantly, how to crack it. Here are some resources for you to explore:**

- Watch and read an entire (complimentary) series of videos and accompanying training guides that share with you the relevant, fundamental insights and skills, kicking off on [this page](#).
- Join in on one of the 'Break-Out Boost'-masterclasses on [this page](#).
- Or if you're *really serious* about 'Cracking Your Egg,' then don't beat around the bush and jump into this process with both feet by enrolling in the [Crack Your Egg Home Study Program](#) (<-- more information on [this page](#)).

*For now, I hope you've enjoyed the information so far!*

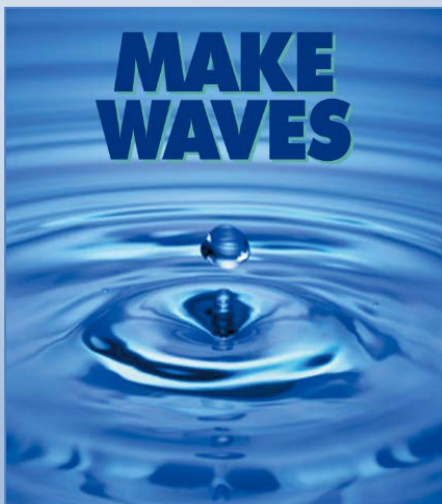
**Make sure you begin to 'manifest from the heart,' and keep up your forward momentum:**

- Put the things you've learned in this training guide into your daily routine...
- Jump to the next level as desired, either by using the follow-up training I'll email you if you signed up for it, or through any of the options outlined above.

*For sure, I look forward to hearing about your awesome experiences and outrageous success stories on this process.*

**And I'll be in touch soon with further training to 'crack' your heart *wide open* and take this practice to the next level. (<-- So keep an eye on your email!)**

See you soon!



***Spread The Good Vibes!***

Feel Free To Share This Training With  
*Anyone You Like By Simply Passing It On!*

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