



Conscious Heart Connection

Serving Humanity and Mother Earth's Awakening to Love

Presented by

Ilene Gottlieb, RN ~ The Heart Healer

December 7, 2016 through January 4, 2017



Welcome and congratulations for choosing to join me on this journey of awakening to conscious heart connection. It is with great joy that I am offering this class to all those who feel drawn to participate. Because you are here, this is the perfect time for you to expand your conscious connection to the One Heart of Love. Thank you for choosing to share this journey with me for it is my soul's purpose for Being to teach this work as my service to Humanity and beyond. I am so looking forward to sharing this journey of awakening with you! ❤️

This teleclass is designed for you to explore your personal connection to your Heart of Love and your connection to the community of Humanity and Mother Earth herself. You are a "Lightworker", someone who has chosen to BE conscious on this journey of awakening in your relationship with yourself, and for those of you that choose to serve others, through conscious heart connection. Both didactic and experiential, this class will support you in expanding your conscious connection to your Heart of Love wherever you are on this journey of awakening.

The information and processes offered will assist you in independently supporting not only your own conscious connection to your Heart of Love but will also support you well beyond the time we share together to continue on and serve humanity and Mother Earth as you are intuitively guided to do.

Each class is one hour in length, will include Q&A and a guided meditation. We will, step-by-step, powerfully expand our conscious connection to our personal Heart of Love and awareness of it to that of the Heart of Love of Humanity and Mother Earth. Classes will be held weekly on December 7, 14, 21, 2016 and January 4, 2017.

All classes will be recorded. The recordings will be available the night of each class and meditations as a separate recording will be available to you within 24 hours. You can locate these recordings by going to this link: <http://bit.ly/2qbyonQ>

A list of Essential Oils and their benefits will be provided at the beginning of the course. To access and download this document, please go to this link: <http://bit.ly/2qD21iU>

A private Facebook group has been created for all participants to connect and interact or ask questions throughout the course. I will check in 3-4 times per day and respond to any questions. Here is the link: [Conscious Heart Connection Facebook Group](#)

The following is an outline for each class. As an intuitive channel and empathic, the way I teach is somewhat organic and very much influenced by the energy of the group. This outline gives you an idea of what to expect but, please allow for flexibility and trust that everything you need to hear will be shared. Blessings of love and gratitude ~ Ilene ❤️



Class One

- ♥ Introduction & Intention Setting
- ♥ What is conscious heart connection, why is it so important at this unique time in humanity's evolution and the benefits of conscious heart connection from the holistic perspective (physical, emotional, mental, spiritual and energetic)
- ♥ Introduction to the energy of emotions and conscious language
- ♥ Practical aspects of Being in the heart and how this changes how we are in flow or attached to our life experiences
- ♥ Q&A
- ♥ Guided Meditation focusing on personal conscious heart connection
- ♥ Personal Connection Time: Daily meditation for conscious heart connection with provided meditation or one that participant prefers. Daily journaling of awareness or insights about your personal relationship with connecting to your own heart center

Notes



Class Two

- ♥ Share experiences or insights from the previous week and any questions
- ♥ Concept of our reality as an energy matrix and our connection to Mother Earth and Humanity in its' entirety
- ♥ Q&A
- ♥ Guided Meditation continuing to focus on personal conscious heart connection and expanding it to include each participant's Community/ State/Province and Country and Continent
- ♥ Personal Connection Time: Continue daily meditation and journaling of awareness of your personal relationship with connecting to your own heart center and expanded this connection to your Community/State/Province/ Country/Continent

Notes



Class Three

- ♥ Share experiences or insights from the previous week and any questions
- ♥ What are the benefits of conscious heart connection to support Mother Earth
- ♥ Focused heart consciousness to support specific groups as guided
- ♥ How to focus on the grid that connects the children, the elderly, the animals, the political grid, the economic grid, etc.
- ♥ Q&A
- ♥ Guided Meditation continuing to focus on personal conscious heart connection and expanding it to include each participant's community, their State/Province, Country and Continent and Mother Earth and Humanity
- ♥ Personal Connection Time: Continue daily meditation and journaling of awareness of your personal relationship with connecting to your own heart center and expanded connection to your community, State/Province, Country, Continent and now Mother Earth

Notes



Class Four – Bonus Class

♥ This class is for questions and answers after experiencing the expanded work for an additional 2 weeks. Class will end with a meditation connecting with the One Heart of Love and offering healing to Mother Earth and all who dwell upon her.

♥ In that the date of this class is Jan 4th we will have a special intention setting aspect to this meditation as we begin this new year

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