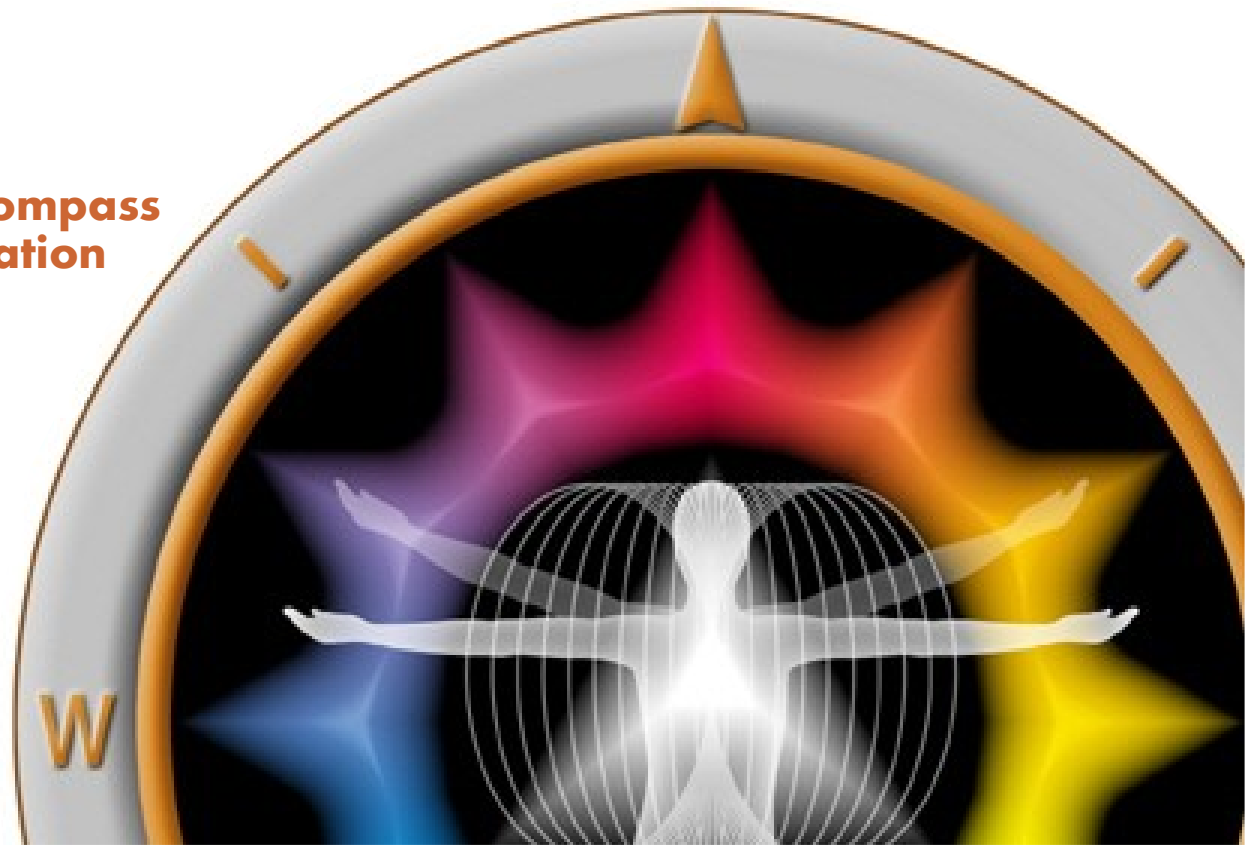


# Your HeartCompass

## Owner's Manual

**Become A Skilled  
LifeNavigator  
Using Your Heartcompass  
And The LifeNavigation  
System**

**Ilana Moss  
Heartcompass Enterprises  
(2009 Revised Edition)**



# **Your Heartcompass Owner's Manual**

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Metaphysics-For-Life.com  
(<http://www.metaphysics-for-life.com>)**

**First published in 2004**

**Revised Edition, copyright: 2009**



## **Welcome and Congratulations!**

You are on your way to becoming a skilled LifeNavigator using your own Heartcompass and the Heartcompass LifeNavigation System.

Learning how to properly use your Heartcompass will allow you to stay On Course, remember who you really are, and experience more peace, joy and success in life.

The Heartcompass LifeNavigation System will help you identify False Fear-Based Beliefs (FFBB's) and replace them with Love-Based Truth (LBT's), transforming the way your Mind works and how you experience physical reality and your life.

Before beginning this process, it's a good idea to create a record (an "Owner's Registration" if you will – see the next page) of your current state of Mind; who you think you are now, and what you hope to accomplish or become. After using the LifeNavigation System for a while you can refer back to your "Owner's Registration", note any changes that have occurred such as increases in your awareness, and you can create a new record if you like to chart your progress. After all, any good navigator will tell you it's always a good idea to carry a map!

## **Table of Contents:**

Your Heartcompass Owner's Registration – Pg. 4

Quick Start Guide – Pg. 5

Safety Precautions – Pg. 10

The Parts of Your Heartcompass – Pg. 12

Build and Use Your Heartcompass LifeNavigation Kit – Pg. 16

Tips and Techniques for Using Your Kit – Pg. 18


References and Resources – Pg. 22

LifeNavigator's Chart - Appendix 1

5 Step Chart – Appendix 2

Contact and Copyright Information – Pg. 28

# Your Heartcompass “Owner's Registration”

- 
1. *Who are You?*
  2. *Where do you live?*
  3. *Where are you from?*
  4. *What do you do?*
  5. *Who are you with?*
  6. *What is the state of your health? (describe the current condition of your physical body, mind, and spirit).*
  7. *What is the state of your wealth? (describe what you currently own).*
  8. *What are you grateful for?*
  9. *What do you think is lacking in your life right now?*
  10. *Do you see yourself as spiritual, religious, other? Describe...*
  11. *Describe any specific goals or ambitions you have right now - what do you think you would like to accomplish or become?*

## Your Heartcompass Owner's Manual & The Heartcompass LifeNavigation System

### Quick Start Guide: The Heartcompass LifeNavigation System

Materials you will need:

- Post It Notepad
- Pen or Pencil
- 3x5 Index cards
- Index card file
- Blank sheets of paper (8x11)

(NOTE: To build your own Heartcompass LifeNavigation Kit go to page 16 for materials and instructions.)



### STEP ONE: AWARENESS

Awareness is remembering who you really are and the true nature of your physical reality. Using your Heartcompass and the LifeNavigation System will lead to ever increasing awareness.

Your Mind is creating the Illusion of Separation (time, space, matter, energy and all the forms those might take) to give you the experience of what you are not so you can have the experience of remembering who you are. Waking up to the true nature of your experience, and who you really are, is the first step to using your Heartcompass to identify False Fear-Based Beliefs (FFBB's) and replace them with Love-Based Truth (LBT's).

You can begin this process by becoming aware of what you are not: you are not a body, you are not your thoughts-feeling-beliefs, you are not what you say or do, you are not what you "own".

Truth is, I cannot tell you who or what you are. This awareness will come to you as you practice navigating life with your Heartcompass, replacing FFBB's with LBT's until you begin to see your life experience with a whole "new" Mind (A Mind With Heart). Begin with awareness of what you are not, then use the LifeNavigation System to guide you to awareness of who you are.

Visit [Metaphysics For Life.com](http://MetaphysicsForLife.com) to find links to free resources that can help you develop greater awareness.



## Your Heartcompass Owner's Manual & The Heartcompass LifeNavigation System

### STEP TWO: IDENTIFY FALSE FEAR-BASED BELIEFS

The Illusion of Separation is created by the Mind using False Fear-Based Beliefs (FFBB's). FFBB's are thought activated with the emotion of fear. Fear is Love turned inside out and upside down in the Mind to create the Illusion of Separation. In Truth, only Love exists.

With your Heartcompass you can identify FFBB's using unwanted or "negative" conditions in your life. After identifying the FFBB's you can access the Heart to obtain Love-Based Truth (LBT's) to replace them. This redirects the Mind to create conditions and experiences using thought activated with positive emotion (Love) and creating feelings of joy, peace and abundance.

Best of all, it's FUN!

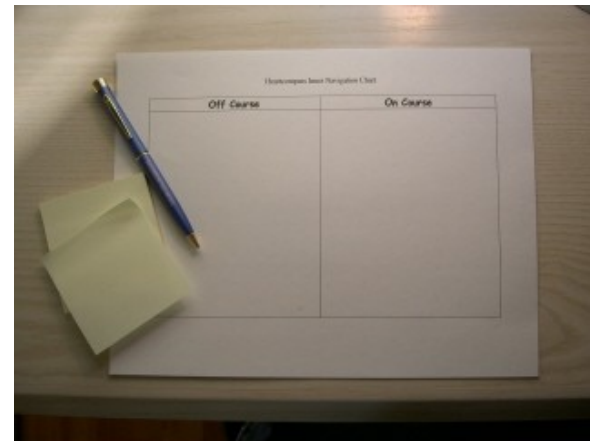
(to learn more about [How Thought Becomes Things](http://www.metaphysics-for-life.com) go to [Metaphysics-for-life.com](http://www.metaphysics-for-life.com))

### HOW TO ID FFBB'S:

1. Describe an unwanted condition (ie. one you have empowered with negative emotion) in NEUTRAL terms. For example: "I weigh 220 pounds" vs "I am overweight and fat".
2. On Post It Notes write down FFBB's (use one Post It Note for each FFBB) relating to that condition. For example:

"I am fat", "I always gain weight easily", "Diets always fail for me", etc. etc. etc. (For the science behind using Post It Notes see A Note About Post It Notes on page 20.)

3. Keep digging until you get to a "core" FFBB - something that is so ridiculous you know consciously it cannot be true, yet your subconscious mind obviously thinks that it is. You know this because your subconscious has created conditions that reflect this FFBB back to you (for example, "I will always be fat. It is impossible for me to lose weight"). Dig as deep as you can for best results.
4. On a blank sheet of paper draw a line down the middle. On the top left write "Off Course". On the top right write "On Course".



5. Stick the Post It Notes to the "Off Course" side.



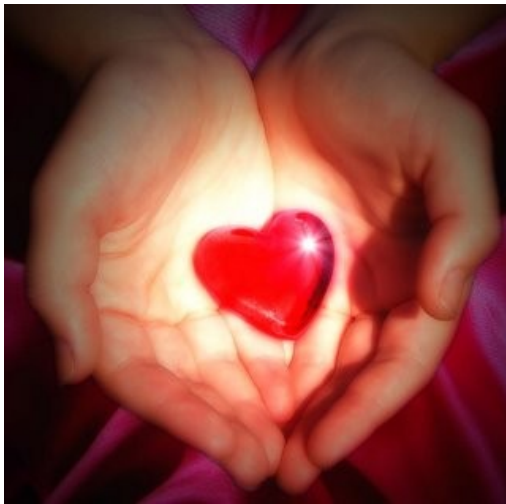
## Your Heartcompass Owner's Manual & The Heartcompass LifeNavigation System

### STEP THREE:

#### ACCESS THE HEART FOR LOVE-BASED TRUTH

You now have identified FFBB's (and perhaps a core FFBB or two), written them on Post It Notes and placed them on the "Off Course" side of your Navigator's Chart. Writing down FFBB's reduces the negative emotional charge by moving them from the Amygdala portion of your brain to the Frontal Lobe which uses reason and logic (for more about the brain, thought, and emotion go to [Metaphysics-for-Life.com](http://Metaphysics-for-Life.com)).

It is now time to Access the Heart for Love-based Truth (LBT's)



1. Close your eyes and take a nice deep breath.
2. Focus on the area of your Heart and imagine white and/or golden light coming from the Heart. Take another deep breath while you do this.
3. Imagine the perfect resolution of the unwanted condition you described earlier and experience how that feels. Use your imagination to resolve the situation so that you feel very good.
4. Now open your eyes and look at the FFBB's on the Post It Notes. Ask your Heart for the Truth about these beliefs and the situation or unwanted condition.
5. Close your eyes again and reconnect with the good feeling if you lost it a bit.
6. Focus on your Heart and listen for the answer. The Heart communicates in images and feelings, and the brain will translate those into words for you.
7. When you get an answer that feels right, open your eyes and write it down on a 3x5 card. Use a new card for each LBT.
8. Place the card or cards on the Navigator's Chart on the "On Course" side. Read it out loud to check for the feeling or emotion. If it feels good, keep it and move to STEP FOUR.

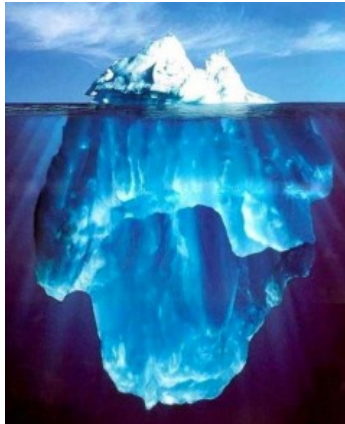


## Your Heartcompass Owner's Manual & The Heartcompass LifeNavigation System

(Note: With practice, you will find you can leave Post It Notes on the chart and set it aside while you go about your day or while you sleep. When you ask your Heart for an LBT it will find a way to answer - you will know when you see, hear, or dream something that feels right. When you receive an LBT you can write it on a 3x5 card and continue with STEP FOUR.)

### **STEP FOUR: INSTALL THE LOVE-BASED TRUTH; CLEAR THE FFBB'S**

Step Four is very simple but critical. This step tells the subconscious Mind to keep the LBT and let go of the FFBB's. It is the subconscious Mind that creates what we experience as our life, therefore you can understand the importance of this Step!



### **INSTALL THE Love-Based Truth (LBT's):**

1. Take the 3x5 card or cards and file them in your Index Card filing system (box or coupon holder).



### **CLEAR THE FFBB's**

2. Remove the Post It Notes from the Off Course side of the Navigator's Chart, rip them up and throw them away.



Your new LBT's are now installed in the subconscious Mind, and the FFBB's have been deactivated and removed.



## Your Heartcompass Owner's Manual & The Heartcompass LifeNavigation System

### STEP FIVE: EXPRESS GRATITUDE AND BUILD AWARENESS

Gratitude is the most powerful tool you possess for remaining On Course and gaining awareness. To maintain an [attitude of gratitude](#) you can keep a **Gratitude Journal**. Write in the Journal each night before bed. Use it to acknowledge your new LBT's, express gratitude for your Heart's guidance, and for the physical manifestations of the Mind.



This will add power to your LBT's and keep your Mind On Course - pointed in the direction of more Love, Life, Truth and Light creating more Joy and Happiness in your experience.

NOTE: As you continue to use the Heartcompass LifeNavigation System you will discover more of the Truth of who you really are, which increases Awareness, taking you back to STEP ONE ... thereby always building upon that foundation and creating ever more positive, powerful and joyful RESULTS!



Want to know more about your Heartcompass and how it works?  
Read "The Parts of Your Heartcompass" (pg 12)  
and visit [Metaphysics-for-Life.com](http://Metaphysics-for-Life.com).



# **SAFETY PRECAUTIONS:**

## **1. IDENTIFYING FALSE FEAR-BASED BELIEFS**

It is vital to remember that the purpose of accessing False Fear-Based Beliefs (FFBB's) is to use them to redirect the Mind to Love-based Truth (LBT). It is not to change your beliefs, or remove them - although this will be one of the ultimate benefits.

Your Heartcompass must use feelings and emotions to indicate when you have identified a FFBB. These feelings and emotions have been labeled "negative" or "bad" by your Ego-Mind in order to protect you from their true purpose, which is to create the Illusion of Separation. If you were aware of this Truth, there could be no Illusion, and no experience of physical life or manifestations.

Be aware that negative emotions or feelings cannot hurt you, although it will seem that way at first. When identifying FFBB's, always write them down to help remove the negative energy and neutralize the thought or belief in your Mind. This will make it possible to access the Heart and receive the LBT that will replace the FFBB in your Mind.

## **2. COMMIT TO USING THE LIFENAVIGATION SYSTEM AT LEAST FIVE TIMES**

Using the LifeNavigation System just once to "try it out" will access a few FFBB's and perhaps one or two LBT's.

There are unlimited FFBB's available in the subconscious Mind, all arising from one core FFBB – the belief in separation. Likewise, there is one core Love-based Truth (LBT) that gives rise to an unlimited number of LBT's to replace your FFBB's. Using the LifeNavigation System just once will not take you much closer to your core thoughts and beliefs, and therefore it is not enough to experience much of a shift - certainly not enough to redirect the Mind to the Heart.

The Heartcompass LifeNavigation System is certainly not the only way to redirect your Mind from Fear-Based Belief to Love-based Truth. If you would like to find out if the LifeNavigation System is right for you, please commit to using it at least five times to experience results. If it still doesn't seem to make a difference in your life experience, then at least it might help point you in the direction of something else that will.

PS - Using it five times does not mean that you are "done". As long as you continue to experience unwanted conditions in your life, you know the Mind is using FFBB's. You can use the LifeNavigation System the rest of your life to stay On Course. The more you practice, the easier it gets.

### 3. EGO-MIND vs HEART-MIND

The purpose of the Ego-Mind is to create the Illusion of Separation. Without the Ego-Mind it would be impossible to experience physical reality or physical life experiences. In a way, the Ego-Mind is building the physical Universe so that the Heart-Mind can take over and inhabit it. Your Heartcompass will direct you to make choices and decisions based on which phase or stage of Mind you are currently operating from.

You know your Heartcompass is operating from the Ego-Mind as long as you believe that you are a body, you experience desire for things outside of yourself to make you happy or safe, and you find yourself judging things in your experience as "good" and "bad". When the Ego-Mind phase or stage of your life is complete, your Heartcompass will begin realignment to the Heart-Mind. You will know this is happening when physical reality is no longer "enough", when the things you used to think you wanted no longer satisfy, and when you start to long for remembering who you really are.

Despite popular religious and spiritual teachings, the realignment process is not a conscious choice or decision. When the Ego-Mind is done, Spirit or Source knows this, and the realignment of your Heartcompass will take place. So don't worry or stress about which Mind is creating your physical experience. The Ego-Mind phase is critical to the Heart-Mind phase, and you will enter the Heart-Mind phase at the perfect time that is right for you.

### 4. GETTING HELP

Accessing FFBB's can sometimes trigger traumatic memories and feelings. If you feel overwhelmed or need help, always seek the advice of a friend or a professional you can trust. Always get help from someone who understands the process of using FFBB's to access Love-Based Truth, not just eliminating, changing, or removing FFBB's from your Mind.

Also, try combining the LifeNavigation System with other tried and proven techniques, such as [\*Emotional Freedom Technique\*](#) (or Tapping), [\*PsychK\*](#) (Bruce Lipton and Rob Williams), [\*Heartmath\*](#) (variety of tools and techniques), [\*Byron Katie's "The Work"\*](#) (or The Four Questions), [\*The Healing Codes\*](#) (Dr. Alex Lloyd), and many more (visit [Metaphysics-for-Life.com](http://Metaphysics-for-Life.com)).

Note: If you donated to The Foundation for A Mind With Heart at the Third Level, you may subscribe to Heartcompass Secrets and LifeNavigation Tips where you can submit questions to be answered in upcoming issues. At the Fourth and Fifth Levels you can attend webinars, teleseminars, and get professional one on one coaching services.

## Your Heartcompass Owner's Manual & The Heartcompass LifeNavigation System

### *The Parts of Your Heartcompass*

The Mind uses information (thoughts and beliefs) and energy (emotions and feelings) to create the physical experience we call life.

Your Heart also uses energy (emotion) and information (thought) in the process of redirecting the Mind from creating the Illusion of Separation (Ego-Mind) to creating the experience of unity and oneness (Heart-Mind).

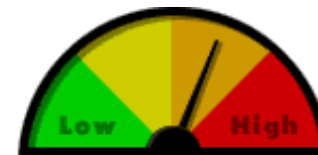


### THE ZERO-POINT IN YOUR HEART

At the center of your Heart the Mind has created a quantum singularity or Zero-Point. The Zero-Point in your Heart connects the Mind to the [Zero-Point Field](#): a field of infinite energy and information that permeates and connects everything we experience as the Universe.

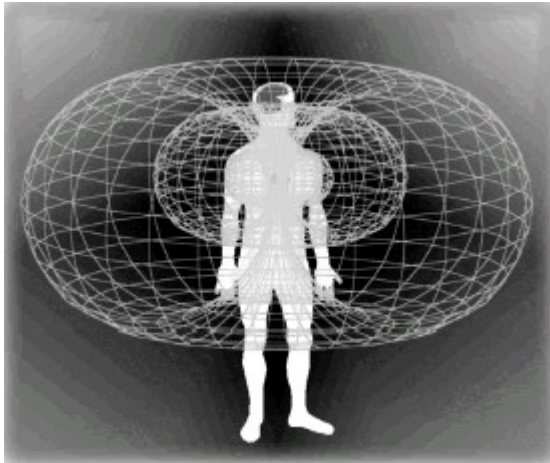
It is this Zero-Point that makes your Heart the gateway to what we call the subconscious Mind. In Truth, there is only one subconscious Mind shared by all. It is this configuration that explains the experience of psychic phenomena such as telepathy, precognition, remote viewing, and much more.

Your Heartcompass uses the Zero-Point in your Heart as a kind of meter or gauge. When the Mind utilizes "negative" energy or emotion (fear) to activate thought, the Zero-Point acts like a kind of valve reducing the amount of Life Energy being projected into the physical life experience. When the Mind utilizes "positive" energy or emotion (Love) to activate thought, the Zero-Point again acts like a valve opening up or increasing the amount of Life Energy projected into your physical experience. The actual physical conditions may or may not change, but your experience of them will be determined by the quality and quantity of emotion and resulting Life Energy being projected.



# Your Heartcompass Owner's Manual & The Heartcompass LifeNavigation System

## THE ELECTROMAGNETIC HEART FIELD



As Life Energy pours through the valve of the Zero-Point in your Heart, an electromagnetic field is produced which surrounds your entire physical body, influencing everything in your environment (which includes your physical body).

The [Heartmath Institute](#) has used scientific instruments to detect and measure this field. However, they cannot as yet fully explain the cause or source. In Truth, the electromagnetic field of the Heart is created by the Mind, which creates all physical experience.

The Heart's electromagnetic field consists of energy and information flowing from the Zero-Point Field (or subconscious Mind) through the singularity in the Heart, to the physical images being projected by the Mind. The Mind creates the scientific instruments which are making it possible to perceive and measure the nature and effects of the Heart field.

Your Heartcompass uses this electromagnetic field the same way a compass uses the electromagnetic field of the Earth. When negative emotion or energy is being used to create physical reality, the field of the Heart is disrupted or "incoherent", meaning that the Mind is pointed away from Love-Based Truth (ie. Off Course). When positive emotion or energy is being used to create physical reality, the field of the Heart is "coherent" or clear, which means the Mind is pointed towards Love-Based Truth (ie. On Course) resulting in clear and coherent physical life experience.



# Your Heartcompass Owner's Manual & The Heartcompass LifeNavigation System

## THE EMOTIONAL BODY

The emotional body is a record of thought that has been activated by feeling or emotion.

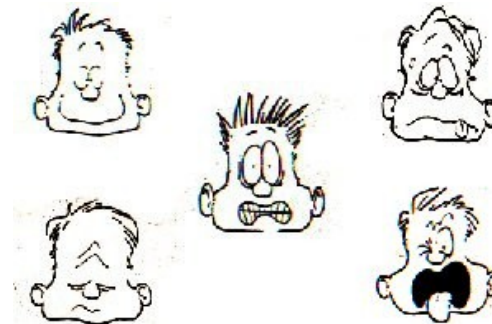


Emotional memories are stored in the physical projections created by the Mind. Each physical projection is a thought activated by an emotion, and the memory of that emotion is stored in each and every manifestation of the Mind.

When the conscious Mind perceives something in the physical environment, it perceives not just the information or

thought that shaped it, but also the energy or emotion that was used to project it. The thought or information is neutral - it is the energy or emotion that gives physical life experience its meaning and power.

The emotional body can be perceived by the physical body and its sensors. It can be experienced as stress, excitement, grief, joy, restlessness, pain, energy - there is no limit to the number of feelings and sensations. However, all emotional memories are created by either fear or Love.



Your Heartcompass uses the emotional body to help you identify False Fear-based Beliefs (FFBB's) and access Love-based Truths (LBT's).

You can identify FFBB's by accessing emotional memories manifested in your physical conditions or experience, and learning how to "read" the signals or indicators generated by your Heartcompass (ie. negative feelings).

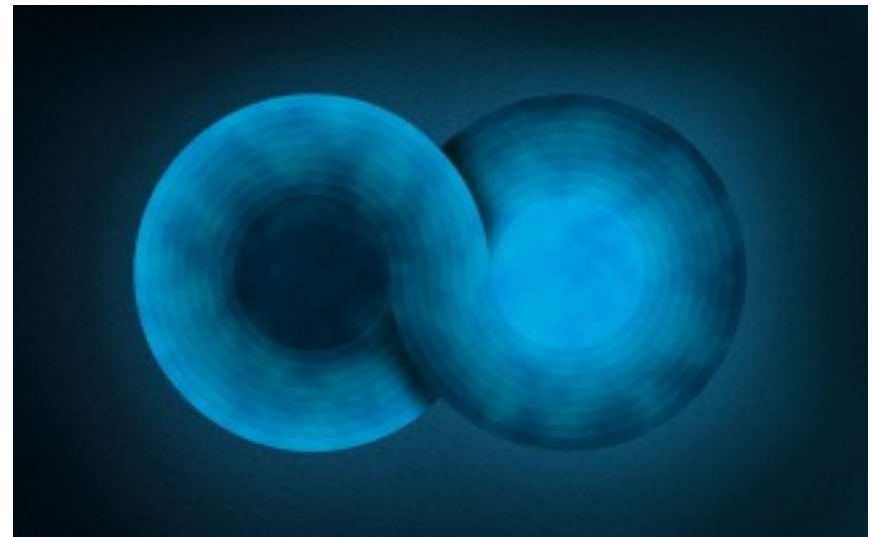


## Your Heartcompass Owner's Manual & The Heartcompass LifeNavigation System

You also know when you have redirected the Mind to a LBT, or accessed an emotional memory generated by an LBT, again by knowing how to "read" the signals or indicators generated by your Heartcompass (ie. positive feelings).



While it is true that there are only two emotions or energies (fear and Love), the feelings that can manifest from these two emotions are endless. Also, always remember that fear is Love turned inside out and upside down in the Mind to create the Illusion of Separation, and that all things must come only from Love.



### NOTE:

Learning how to read the emotional signals or indicators of your Heartcompass may seem simple, but it can take a lot of time and practice.

As you use the LifeNavigation System and gain access to more Love-based Truth, your Ego-Mind will begin to lose its ability to trick you into thinking you are experiencing true joy and happiness, or that you want or need something outside yourself to know who you are and experience True Inner Peace.



## **Your Heartcompass Owner's Manual & The Heartcompass LifeNavigation System**

### **Build and Use Your Heartcompass LifeNavigation Kit**



Building a Heartcompass LifeNavigation Kit creates a space for practicing the LifeNavigation System.

As humans we create spaces for various activities: bedrooms where we sleep, kitchens where we prepare and eat food, living rooms for recreation and entertainment, office spaces for work and study, outdoor living areas such as front porches and decks, etc.

Creating a space facilitates the activities we perform there. Building your LifeNavigation Kit will support your efforts to identify FFBB's (False Fear-Based Beliefs) and access LBT's (Love-Based Truth) from your Heart.

#### **MATERIALS YOU WILL NEED:**

Building a LifeNavigation Kit is very easy and inexpensive. You may even have most of the materials already on hand...

\*\*Required \*Recommended

- \*\* Post It Notes
- \*\* 3x5 Index Cards (unlined)
- \*\* Pen or Pencil
- \*\* 3 Ring Binder (with transparent Cover Sleeve)
- \*\* Index Card filebox or Coupon File Holder
- \*\* Organizer for 3 Ring Binder
- \*\* Owner's Manual printed out and holes punched to fit in Binder
- \*\* Navigator's Chart (Appendix 1)
- \*\* 5 Step Chart (Appendix 2)
- \* Gratitude Journal
- \* Heartcompass Touchstone



## Your Heartcompass Owner's Manual & The Heartcompass LifeNavigation System

### **BUILD YOUR HEARTCOMPASS LIFENAVIGATION KIT:**

1. Print out the Owner's Manual and slide the Navigator's Chart into the Cover Sleeve of the 3 Ring Binder. This creates a convenient and comfortable surface to work on that can be held on your lap. The Navigator's Chart provides important visual and tactile cues that can help you reach your subconscious Mind - the Mind that feels and creates (whereas the conscious Mind perceives and responds).
2. If your 3 Ring Binder has a clear inner cover sleeve, insert the 5 Step Chart for quick and easy reference.
3. Use a hole punch to make three holes in the remaining pages of the Owner's Manual, and place it in the binder.
4. Place the Organizer into the Binder and add Post It Notes, 3x5 Cards, and pen or pencil. If you have a mini-coupon file and it fits in the Organizer it's convenient to keep it there. If you have a 3x5 index card file box keep it near where you work with your Kit.
5. If you choose to keep a Gratitude Journal, keep it next to your bed so you can use it before going to sleep each night.
6. If you have a Heartcompass Touchstone, keep it where you get dressed each morning and place it in a pocket or purse to have it with you when you leave home. Your Heartcompass Touchstone can be any small item that "touches your Heart" and helps you feel calm, centered, and peaceful. The purpose of the Touchstone is to help you practice awareness throughout the day. Touch the stone when you need help remembering who you really are, and the true nature of whatever you might be experiencing.

### **Congratulations!**

You are now the proud owner of your own Heartcompass LifeNavigation Kit. The more you use it, the more FFBB's will be replaced with LBT's, leading to ever increasing Awareness and the experience of living a life created by A Mind With Heart.



## Your Heartcompass Owner's Manual & The Heartcompass LifeNavigation System

### Tips and Techniques for Using Your Heartcompass LifeNavigation Kit:

#### WHEN & WHERE TO USE THE KIT:

Use your LifeNavigation Kit whenever you are experiencing unwanted conditions in your life, would like to know the Truth about those conditions, and how your Mind created them for you.



If you built your own Kit, you know that it is portable and can be used anywhere you feel comfortable and inspired to use it - at home, at the coffee shop, at your desk at work during a break, on the plane or in the car while traveling - anywhere you have the time and intention to identify FFBB's and replace them with LBT from your own Heart.



The Kit creates a space for you to practice the LifeNavigation System. You can create a time for this activity if you choose to by making an appointment that feels comfortable and you can adhere to - for example: every morning at 10am, every evening after dinner, after lunch, or even just once a week such as every Sunday morning if that works for you.

*The effects of using the LifeNavigation System are cumulative. If you stop for a while you will not lose the benefits you gained, and you will pick right up where you left off when you start again.*



## Your Heartcompass Owner's Manual & The Heartcompass LifeNavigation System

### WHY USE THE LIFENAVIGATION SYSTEM AND KIT?

Most people, including myself, come to the LifeNavigation System with the intention of fixing or changing external conditions or circumstances in their lives such as health, money, or relationships. Redirecting the subconscious Mind from Ego to Heart can and will have astonishing effects upon what the conscious Mind perceives as real - by metaphysical law it must.



However, there will be times when things that we "think" we want are ignored or even thwarted in order to bring FFBB's to the surface so that they can be replaced with LBT from the Heart. This is a normal part of the process, as wants and needs created by the Ego-Mind are replaced by desires of the Heart-Mind.



Using the Heartcompass LifeNavigation System to manifest Ego-Mind wants and needs ultimately will not work. However, the joy, health, prosperity, inner peace and well being experienced by the conscious Mind as it perceives the creations of the Heart-Mind will make you wonder why you ever thought you wanted or needed all that Ego-Mind "stuff" in the first place!



## Your Heartcompass Owner's Manual & The Heartcompass LifeNavigation System

### PLAYING WITH THE PROCESS:

As you gain experience with the LifeNavigation System and the Kit you will be able to "play" with it more, and experiment with different ways of using it.

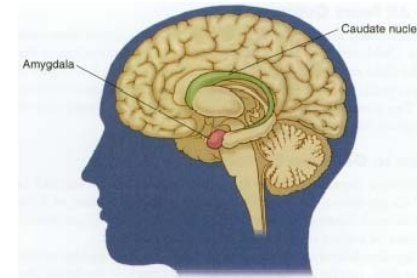
The biggest change in my own experience has been leaving my FFBB Post It Notes on the Chart, then going to sleep at night or going about my business during the day. When I come back to the Chart - maybe the next day, maybe in few hours, or maybe after a few days even - I usually have the LBT already in my Mind and can complete the process. You might try this and see how it works for you.



### A NOTE ABOUT POST IT NOTES:

In my coaching practice, I sometimes have clients who want to do the whole process in their heads and not use the Post It Notes and the Navigator's Chart. I do not recommend this.

The purpose of the Post It Notes and the Chart is to move FFBB's from the amygdala (fight or flight center) of the brain to the front of the brain which is rational and calm.



Using the Chart also helps access the Heart center, and helps move LBT's from the conscious perceiving Mind to the creative subconscious Mind.

After you've had enough practice and experience with the Kit, then it might be possible to imagine the process in your head and get results. But first, use the Post It Notes, the Chart and the Kit to make sure you experience what the LifeNavigation System truly can be.



## **Your Heartcompass Owner's Manual & The Heartcompass LifeNavigation System**

### **COMBINING THE LIFENAVIGATION SYSTEM WITH OTHER PROCESSES AND TOOLS:**

On the following pages you will find a long list of references and resources I have used to research and understand the theory and science that supports the Heartcompass LifeNavigation System.

The LifeNavigation Kit is an easy to use and very effective complement to just about any spiritual, personal growth, and healing process or tool out there. I highly recommend combining the Heartcompass LifeNavigation System and Kit with any other tool or process you might be using right now or in the future.

Thank you again, for taking the time and making the effort to identify your False Fear-Based Beliefs, replace them with Love-Based Truth, and create A Mind With Heart. Doing so uplifts the collective consciousness of all humanity, and is a tremendous service to Earth and Humankind.



## **References and Resources**

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3. Lynn McTaggart: The Living Matrix, Living The Field, The Intention Experiment ( <http://www.thelivingmatrixmovie.com/lynne-mcTaggart> ) Science journalist Lynne McTaggart is the award-winning author of international bestsellers on quantum health and consciousness
4. Gregg Braden: Fractal Time, The God Code ( <http://www.greggbraden.com/> ) "Gregg Braden is a rare blend of scientist, visionary and scholar with the ability to speak to our minds, while touching the wisdom of our hearts." Dr. Deepak Chopra
5. Bruce Lipton PhD: Biology of Belief, Spontaneous Evolution ( <http://new.bruce-lipton.com/> ) Bruce H. Lipton, PhD is an internationally recognized authority in bridging science and spirit.
6. Robert M. Williams, M.A.: Psych-K Centre International ( <http://www.psych-k.com/> ) The Biology of Perception, The Psychology of Change.
7. Dr Alex Loyd: The Healing Codes ( <http://www.thehealingcodes.com/> ) The Healing Codes activate a physical function built into the body that consistently and predictably removes the #1 cause of illness and disease from the body . . . stress.
8. Eldon Taylor: Mind Programming ( <http://www.eldontaylor.com/mindprogramming/> ) From Persuasion and Brainwashing, to Self-Help and Practical Metaphysics.
9. Dean Radin: Conscious Universe, Entangled Minds ( <http://www.deanradin.com/NewWeb/deanradin.html> ) Dean Radin, PhD, has been Senior Scientist at the Institute of Noetic Sciences (IONS) since 2001.
10. Robert Scheinfeld: Busting Loose series ( <http://www.bustingloose.com/> ) Busting Loose from the Money Game, Business Game, Body Game, Relationships Game, etc. 5 Core Principles.
11. Gary Renard: Disappearance of the Universe ( <http://www.garyrenard.com/> ) Combining a disarming sense of humor with radical, cutting-edge metaphysical information and experiential exercises, Gary has been described as one of the most interesting and courageous spiritual speakers in the world.

12. David Hawkins MD PhD: Power vs Force ( <http://www.veritaspub.com/> ) Dr. Hawkins is an internationally renowned psychiatrist, physician, researcher, and pioneer in the fields of consciousness research and spirituality.
13. Barbara Marx Hubbard: The Foundation for Conscious Evolution, Humanity Ascending Documentary series ( <http://www.barbaramarxhubbard.com/content/bio> ) Buckminster Fuller has called Barbara Marx Hubbard “the best informed human now alive regarding futurism and the foresights it has produced.”
14. Dr Masaru Emoto: The Hidden Messages In Water, Emoto Peace Project ( [http://www.masaru-emoto.net/english/e\\_ome\\_home.html](http://www.masaru-emoto.net/english/e_ome_home.html) ) Featured in the movie "What The Bleep Do We Know?" Dr. Emoto explores the effect of human thought and emotion upon water.
15. Aristotle: Metaphysics, Stanford Encyclopedia of Philosophy ( <http://plato.stanford.edu/entries/aristotle-metaphysics/> ) The first major work in the history of philosophy to bear the title “Metaphysics” was the treatise by Aristotle that we have come to know by that name.
16. Science for Life: Weekly Radio Show ( <http://scienceforlife.net/> ) Interviews with leading scientists bridging the gap between science and spirituality. Listen live online, or from the archives.
17. Conscious Media Network: ( <http://www.consciousmedianetwork.com/> ) Interviews, Movies, Radio, Video, Articles, and more.
18. Rogue Valley Metaphysical Library and Event Center: ( <http://www.rvml.org/> ) Located in Ashland, Oregon. Free Lectures. Media Exchange.
19. Goldring Game of Enlightenment: ( <http://goldring.wetpaint.com/> ) The Gold Ring is a Collective Consciousness experiment in Telepathic Alignment Initiation ( <http://www.premieres.com> )
20. Spiritual Cinema Circle: ( <http://www.spiritualcinemacircle.com/> ) By joining in this movement for quality entertainment, you will also be taking steps to raise the consciousness of the world today by supporting and experiencing truly nourishing entertainment.
21. What The Bleep Do We Know!?! ( <http://whatthebleep.com/> ) First released in theaters in 2004, WTBDWK!?! went on to become one of the most successful documentaries of all time.
22. A Course In Miracles: The Foundation for Inner Peace ( <http://acim.org/> ) This self-study metaphysical thought system is unique in teaching forgiveness as the road to inner peace and the remembrance of the unconditional love of God.

23. Kabbalah Courses, Bnei Bruch Learning Center: ( <http://www.arionline.info/> ) Free Live Interactive online Kabbalah Course.
24. Ringing Cedars series, Vladimir Megre: ( <http://www.ringingcedars.com/> ) When you read Anastasia you can feel this energy "opening your heart" and "rearranging your brain cells", and the result for thousands of readers has been a desire to start rearranging their entire lives.
25. Headless Way, Douglas Harding: ( <http://www.headless.org/english-welcome.htm> ) The Headless Way offers you a practical, user-friendly way to see Who you really are.
26. Academy of Remote Viewing and Influencing, Gerald O'Donnell: ( <http://www.probablefuture.com/> ) Our Academy, a pioneer in mind/matter research and applications, has been teaching since 1997 highly specialized mind technologies originating from the international intelligence community and advanced mystics and mind masters.
27. Immrama Institute, Insight and Focus meditation CD's: ( <http://www.immrama.org/> ) Immrama - a journey of self discovery, a voyage of exploration into the wonders of our infinite potential...
28. Silva Mind Control Method and Ultramind System: ( <http://silvacourses.com/> ) If you are ready to move into the Second Phase of Human Evolution on the Planet, then please join us...
29. American Monk, Burt Goldman: ( <http://www.theamericanmonk.com/> ) Lessons from The American Monk. The American Monk intends to raise the consciousness of 1 million people and to help create a turning point on this planet—a world where people are in tune with their inner-selves, living healthy and creative lives and are no longer swayed by religious dogma or politics.
30. Mystic Mindpower, Jody Sachse: ( <http://www.mysticmindpower.com/blog/> ) Free meditations, community, mind enhancement products.
31. Emotional Freedom Technique (EFT), Gary Craig: ( <http://emofree.com/> ) Emotional Freedom Techniques (EFT) is an emotional, needle free version of acupuncture that is based on new discoveries regarding the connection between your body's subtle energies, your emotions, and your health.
32. Charles Gilchrist, Sacred Geometry: ( <http://www.charlesgilchrist.com/SGEO/SGIntro.html> ) An introduction to Sacred Geometry with beautiful graphics and illustrations.

33. Dr Milo Wolff, Wave Structure of Matter: ( <http://www.spaceandmotion.com/> ) On Truth and Reality, The Dynamic Unity of Reality
34. Christopher Holmes, PhD. ( <http://www.zeropoint.ca/> ) Metaphysics and The Zero Point Institute for Mystical and Spiritual Science
35. Nassim Hamein: ( <http://theresonanceproject.org/> ) The Resonance Project - Instead of seeing ourselves as separate from everything around us, this view allows us to recognize that we are embedded in a fractal feedback dynamic that intrinsically connects all things via the medium of a vacuum structure of infinite potential.
36. Drunvalo Melchizedek ( <http://www.onelotus.net/index.html> ) A Note From Drunvalo: “In the future, live web casts will continue to open the way for expansion of awareness in these modern times, with other subjects and in depth reporting. All the areas of knowledge that effect us today, such as environmental relationships of energy and balance, healing our bodies, minds and hearts, meditation, contemplation, and dreaming our way into peace.”
37. Venus Project, Jacque Fresco: ( <http://thevenusproject.com/> ) We realize to make the transition from our present culture, which is politically incompetent, scarcity-oriented and obsolete, to this new, more humane society will require a quantum leap in both thought and action.
38. Zeitgeist The Movie and Zeitgeist Addendum ( <http://www.zeitgeistmovie.com/> ) 'Zeitgeist, The Movie' and 'Zeitgeist: Addendum' were created as a not-for-profit expression to communicate what the author felt were highly important social understandings which most humans are generally not aware of...

# *Your HeartCompass* **LifeNavigator's Chart**

## **OFF-COURSE**

**False Fear-Based Beliefs**  
(Emotional Indicators: Fear, Anger, Despair, etc.)  
*stick Post-It Notes here...*

## **ON-COURSE**

**Love-Based Truth**  
(Emotional Indicators: Joy, Gratitude, Peaceful, etc.)  
*place 3x5 index cards here...*



***Life Energy***

***Flow Meter***

## **5 STEPS TO NAVIGATING WITH YOUR HEARTCOMPASS**

### **LifeNavigation Kit Contents**

Your Kit should include:

1. Post-It Notepads
2. 3x5 Index Cards
3. Pen or Pencil
4. Index Card File
5. Owner's Manual (Print out)
6. LiveNavigator's Chart
7. 3 Ring Binder with Organizer
8. Gratitude Journal
9. Heartcompass Touchstone

### **Step 3**

#### **ACCESS THE HEART FOR LOVE-BASED TRUTH (LBT's)**

Close your eyes (if possible), breathe deeply, focus on your Heart, and imagine white/golden light flowing through your Heart. Imagine your unwanted condition perfectly resolved to create the positive feelings that open the Heart.

Ask your Heart for the Truth about the FFBB's on your Chart. The answer will come in images and feelings that the brain will form into words. Write the LBT's on 3x5 cards and place them on the ON-COURSE side of your Navigator's Chart.

### **Step 1 AWARENESS**

Keep your Heartcompass Touchstone with you to help you remember who you really are and the true nature of your reality.

Visit Metaphysics-for-Life.com often for articles, videos, and more information. Using your LifeNavigation Kit will help you build Awareness and redirect your Mind from Ego to Heart.

### **Step 4**

#### **INSTALL LBT's REMOVE FFBB's**

Read LBT's out loud and check emotional indicators to confirm.

File the 3x5 cards in the Index Card File.

Remove Post-It Notes, rip them up, and throw them away.

TIP: Create categories in your Index Card File, such as Health, Relationships, Money, God or Source, Physical Reality, etc. to make it easier to find LBT's should you want to review them.

### **Step 2**

#### **IDENTIFY FALSE FEAR-BASED BELIEFS**

Use unwanted conditions in your life to help you identify the False Fear-Based Beliefs that shaped them.

Write the FFBB's on Post-It Notes, and stick them to the OFF-COURSE side of your LifeNavigator's Chart.

See page 20 in your Owner's Manual for more information.

### **Step 5**

#### **GRATITUDE AND AWARENESS**

Each night write five things you are grateful for – including your new LBT's and your Heartcompass.

Gratitude is the key to opening the Heart, and using your Heartcompass LifeNavigation Kit will continue to build your Awareness.

As your Awareness grows, using the Kit will become easier and more rewarding while you continue to create A Mind With Heart.

# **Your Heartcompass Owner's Manual**

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*Thank You!*