

SPECIAL REPORT

CREATING A MIND WITH HEART

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What Is A Mind With Heart?

Much attention has been given recently to the role of the mind and thought in our lives. Popular books like “Think And Grow Rich”, “The Power of the Subconscious Mind”, “Mind Programming” and the hit documentary movie “The Secret” all emphasize the concept that we create our reality with the thoughts we choose to hold in our mind. As a result, many of us have invested a great deal of time and effort using tools such as affirmations, vision boards, mind movies, listening to audio and watching videos in an attempt to get our thoughts in alignment with the things we think we want to have in life. Whether it's money, health or our soul mate we are seeking, if we can just hold that thought long enough it will manifest into our physical experience, or so the story goes.

Of course, anyone who has tried this will discover two things: 1) that it is extremely difficult if not impossible to hold a thought for more than a moment, and 2) even if you do find a way to successfully hold (or at least repeat) that thought for very long, it will not magically manifest or appear in front of you. There is a reason for this, and that reason has to do with the true nature of the mind, thought, and reality.

The movie “The Secret”, and any good book or teacher of the Law of Attraction, clearly emphasizes the role of emotion in manifesting or creating physical life experience. The Law of Attraction is a law of the physical universe or Illusion of Separation. Separation is an illusion created by the Ego Mind. The Ego Mind is nothing more than a collection of fear-based beliefs – thoughtforms energized by the emotion of fear to create the Illusion of Separation. Law of Attraction begins with the false fear-based belief that we are separate from, or do not have, that which we want, need, or desire. From this single false fear-based belief arises the need to “attract”, using our thoughts and emotions, that which we believe we are separated from.

Law of Attraction teachers will tell you that if you choose thoughts that feel good to you, then you will attract good things into your life. What they fail to understand, and therefore cannot teach you, is that there is nothing “out there” to attract! By understanding the true nature of the mind, thought, emotion and the heart, it is possible to realize that we can choose either to create the world as something separate from us with things in it that we must attract, or we can create the world as part of us, shaped by thought and given substance by feelings.

A Mind With Heart has overcome the Illusion of Separation and recognizes that everything we experience is a part of who we are. A Mind With Heart recognizes thought as the DNA of the Universe, like architectural blueprints, they provide information and give shape to things. A Mind With Heart recognizes emotion as the substance that gives meaning to thought, and allows us to experience the world by sensing it – by feeling it!

The True Nature of Reality

Even the most scientifically advanced explanations of how we perceive reality rely upon the brain and the five senses as somehow separate entities, receiving signals from “out there” to create an image or sensation in the brain, which we then somehow magically experience as the 3D physical world. The truth is, there is no separate “I” or “you” or “me” perceiving some world that is being projected from “over there”. The world that we seem to be perceiving is who we really are. We are an ocean of thought and feeling, Love and Light, swimming in and out of form and formlessness. If it exists in your experience, it is you.

In this moment, the truth might feel a bit uncomfortable. That's because the Ego Mind, which creates the illusion of our 3D reality, cannot operate in the higher (or should I say faster) dimensions of Love and Light. Of course, only Love and Light are real. Even fear and darkness can only be experienced by turning Love and Light inside out and upside down in the Ego Mind. It's like a magic trick, albeit a very convincing one. Creating a Mind With Heart exposes the magic trick for what it is and allows us to see the truth.

The true nature of reality cannot be perceived with the Ego Mind, it can only be known with the Heart Mind. To enable this transition back to reality, the Ego Mind creates a zero point in the Heart. This point in the Heart is an aspect of Illusion of Separation, but it's purpose is to overcome the illusion and reveal the truth – about who we really are, why we are here, and the true nature of reality. The Ego Mind, made up purely of false fear-based beliefs, will never know truth. It's purpose, by creating the Illusion of Separation, is to create desire in the Heart to know the truth, to become awake and aware, and to develop gratitude and appreciation for all that is. Without this experience there could be no conscious awareness and appreciation for who we really are and the truth about the Universe we live in.

We live in the world, and we are the world.

We live in the Universe, and we are the Universe.

Creating a Mind With Heart is about remembering this.

Creating A Mind With Heart

Creating A Mind With Heart is not complicated, nor is it difficult.

When the Ego Mind has created Illusion of Separation to the maximum of its capabilities, it then creates the illusion of a zero point in the Heart. This zero point is the gateway, the connecting point, that allows the mind to correctly perceive the illusion and return to the truth – with gratitude, awareness, and what we might call a “mature” perspective.

When the Ego Mind creates this zero point, a powerful desire arises in the Heart. This desire is like an ache or a longing, to remember who we really are, why we are here, how we got here, and the true nature of the world we are living in. At first, we attempt to answer these questions with the only mind we know – the Ego Mind. In time, we realize the futility of this and a new, even more compelling desire arises in the Heart. We begin to desire a new mind – a mind that can perceive the truth, that can know the truth, and that by remembering who we are we become the life of happiness we so desperately seek.

That mind already exists. It is a part of us. The process of creating a Mind With Heart is actually a process of disassembling and dissolving the Ego Mind. By that, I mean identifying, removing, and replacing the false fear-based beliefs that make up the Ego Mind with Love-based Truth from the Heart.

Once the Ego Mind creates the zero point in the Heart this is a process that cannot be stopped. How it occurs in each individual's life depends upon the point of view of the individual. In truth, there really are no “individuals” - only one mind appearing as many, one body appearing as many, and one spirit or soul appearing as many. However, the ONE can only return to full awareness and gratitude by awakening all apparent points of view, so that the One Mind can once again perceive itself as whole.

This is happening now. How you experience this will be unique to your point of view. How long it takes is an illusion created by the Ego Mind. Right now, outside of time and space, it's already done. You are at peace, you are whole, you are all that is.

As you might have guessed by now, this report is not really about “how to” create A Mind With Heart. It's merely here to support you, to give you confidence and reassurance that all is well. Even as you witness and experience the world of the Ego Mind being disassembled and dissolved right before your eyes (and ears, and fingertips, etc.) you will feel safe knowing that the world of the Heart Mind is being revealed. As you connect more deeply with your own Heart you will see this more clearly and you will know what to do.

Living From The Heart

The surest way to make the transition more pleasant and less stressful is to learn how to live from your own Heart. The Ego Mind knows this, and has provided many resources for you to learn how to do this. You can learn to live from your Heart by keeping a clear intention to do so. This intention will bring to your awareness the many resources available and keep you on track as you use them.

Any tool or resource, whether is meditation, EFT (emotional freedom techniques), Healing Codes, Heartmath, Remote Viewing and Influencing, Ho'oponopono, Quantum Jumping, Silva Method, Sedona Method, Byron Katie's The Work, developing your intuition or psychic abilities, even the Heartcompass LifeNavigation System – can be used to enhance the Ego Mind, or replace it with the Heart Mind. You set the intention and you make all the difference!

Of course, once the Ego Mind creates the zero point in your Heart then just about anything you do will enhance the process of creating A Mind With Heart. Trust me, you will know when this is happening! You might create a vision board or mind movie to attract or get something you think you want, but instead you will get something that brings you closer to your own Heart. For a while, your material gains might seem to suffer (or not) but your spiritual gains will be simply, and literally, mindblowing! The important thing is being aware of what's really happening, remembering who you really are, and that the end result is creating A Mind With Heart that is loving, intuitive, peaceful, powerful, brilliant, and good.

I hope this report brings you some peace of mind and reassurance that all is well. If you are interested in learning more about the resources available to you please [visit Metaphysics-for-life.com](http://www.metaphysics-for-life.com) and explore nearly 200 pages with links to resources, videos, ebooks and more.

Click [here](#) to learn more about the Foundation for Creating A Mind With Heart and the Heartcompass LifeNavigation System for Creating A Mind With Heart.



Thank You. With Love & Gratitude,

Ilana Moss & The Foundation For Creating A Mind With Heart