

## The Heart Power Techniques

This is actually all about resonance; a term you may not really have heard of before in a scientific sense. Let me try to give a picture of what we're dealing with by a little example:

When a radio station and your radio receiver are on the same wave length you will hear meaningful sounds (hopefully). We say that they are in resonance with each other and so information is transferred from one to the other. If they are not tuned to the same wave length then you will either hear just a noise or nothing at all. There is no resonance and so no information is transferred.

Now, what I'm going to do is to re-awaken your awareness of your telepathic abilities. I stress; I don't need to awaken the abilities themselves but merely to change your usage of them from unconscious to conscious.

Why? Well, the human being can go into resonance with quite a wide variety of information. There are some who are very skilled in this and, so long as you are not aware of it, not only can but do daily manipulate you by feeding you false information via the resonance which they have established. The principle way in which they switch you to their "wavelength" is firstly by drowning out all natural sounds with noise - they've even convinced you that this is a good thing - when is the last time you were in a restaurant without "music"? (Fast food joints deliberately play "indigestible music" to get you outside again quicker) They then reduce your ability to accurately process information by feeding you an endless stream of hyperemotional meaningless junk (television and many radio senders). This sets your basic resonance to one of "everything is too difficult, I can't do it, I'm helpless, I can't decide" and similar. At this wavelength, again mostly via subliminals in television but other methods are also used, there is then broadcast an uncritical obeisance to authority and a fear of money, i.e. money threatens and controls your life.

It's actually not only quite easy to break out of this, doing so brings enormous benefits into every aspect of your life, including your physical health. All you need to know is one of "Life's Great Secrets" (trumpet fanfare, flashing lights, tickertape etc.) Well, actually, no; these are just the same distractions. It's the still, small voice that we're trying to hear.

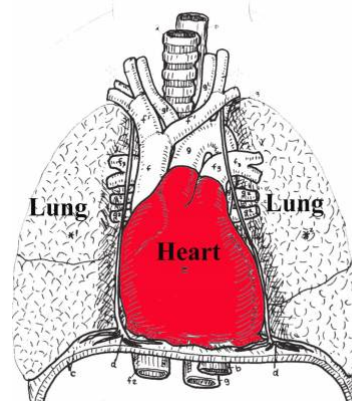
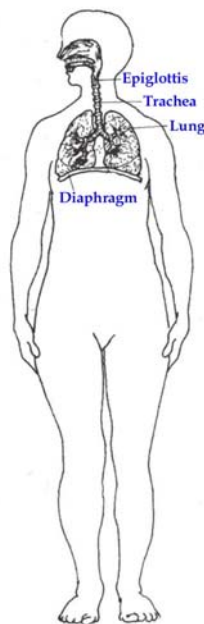
So, the first thing that we need to do is to cut off as much external disturbing noise as possible. TV off (not on standby but off) radio off, hi-fi off and anything and everything else electrical AND THEN PULL THE PLUGS OUT! If you've never done this, it can be quite scary at first so just breathe slowly and deeply and consciously let your body relax. All that's happened is that you've begun to feel yourself; nothing more than that. If this is a new experience for you, I would recommend that you do no more than 30 minutes or so of this each day until you start looking forward to your moments of quiet. Then go further to the next part.



Now your basic "wavelength" of informational resonance is determined not by your brain but by your heart. So, to do anything useful, we first have to locate it!

Most people have a learned assumption about this which is contrary to fact.

It is NOT on the left of your chest but in the middle! The origin of the belief that the heart lies on the left side is simply that the heart lies diagonally through the body and, at the front can be heard louder on the left but on your back, it's louder on the right. This is why the doctor puts his stethoscope on your left chest at the front and your right chest at the back when listening to your heart. See the sketch. If you clench your hands as in the photo, your heart is pretty well the same size as your combined hands.



The next stage is to practice feeling your heart. Now, we're not talking about feeling the pumping muscle, we're talking about the feelings in the heart and around it. This may need a little practice if you've never done it before but just remember that you're not actually doing anything in an active sense, you're just "listening to your feelings." The less you think about it, the clearer you will feel. Breathing slowly and deeply helps. Eyes closed, of course, spine and head erect but relaxed. There will very likely be some inner resistance; any habit dislikes being changed. Your practice periods should be around 20 minutes daily until you begin to look forward to them.

The next stage is to intentionally go deep into your heart. You are looking for three feelings: A small, steady, glowing white or golden light, joy and freedom in the sense of feeling that nothing opposes or hinders or constrains you in any way.

When you have found these, make sure that they are completely blended into one powerful feeling and then let yourself feel it. Something else will begin to happen very quickly now. Don't be surprised - it's just that you've changed your resonance and so you're "picking up a different station". You've selected the "wavelength" of joy and freedom and so, naturally, that is what you go into resonance with and receive. That's it! The more you practice, the clearer and more powerfully you'll receive and the whole of your life will naturally move into resonance with this new stipulation about the nature of your life and being.

And the old stuff you used to get?  
That's still there; the difference is that you are NOT!

Blessed be.  
Karma Singh,  
September 2007

[www.karmasingh.com](http://www.karmasingh.com)

[www.blog.karmasingh.com](http://www.blog.karmasingh.com)