



IT'S ALL THE SAME

Finally, science and religion are on the same page, describing the same reality. Both agree that the primal elements of light and sound are the true foundations of everything in our universe. Simply put, "It's all the SAME."

As the Bible states; "In the beginning there was the Word" (sound), and Science has confirmed that in deed light and sound are the subtlest discernible foundations of everything. Since in the beginning there was no Home Depot everything was and is not only made by God, but is also made of God. So, everything really is The SAME sacred thing in an infinite

variety of expressions. If you will take some time to deeply consider that you are also made of these most basic elements then you may begin to understand how and why clearing and cleansing our "Doors of Perception" opens the channels of loving to flow freely within us.

In many ways this point in human history is very similar to when it was "discovered" or finally announced that the world was round but after so many generations of being told that it was flat people still had to confront the myriad of false beliefs, attitudes and perceptions that had developed by thinking that the world was flat for so long.

Our 'Tools of Engagement'; meditations, programs and exercises, have been developed from 'Oracle of the Heart'; a multifaceted map of consciousness woven from dynamic threads of timeless truths derived from many cultures and philosophies. These tools of engagement are for those who are ready to release their false beliefs, attitudes and perceptions that are based on the false belief that everything and everyone is separate. As you experience your connection to everything through the sameness we all share you see that the past is very much a part of the present. So, not only are the choices that we have made in the past affecting how we are experiencing our present lives, but the choices that we make right now can also affect our perceptions of the past. And this in turn changes how the past affects us now.

Oracle of the Heart is an inner technology, which literally enables one to change negative experiences into positive ones. The results of this are transformational. As we venture forth to explore and discover this "new world" that our greatest thinkers both past and present assure us is more real and more gratifying than the one we currently occupy; we must first confront our fears. We don't have to fear falling off the edge of a flat world but we must face our fears of losing our personal identities in the sameness.

Please let us assure you these fears are completely unfounded and irrational. You are who you are and that is not going to change. What will change is the amount of freedom that you have to experience and to actually be yourself. Sameness is uplifting, empowering, enlightening, and

liberating. All that you will be losing are those conditioned limiting states of mind that are currently preventing you from truly enjoying your life and yourself fully.

Science has just recently proven what mystics have always emphasized; the profound effect that our own personal perceptions have upon our reality. Science being what it is has meticulously documented how the beliefs and objectives of a scientist profoundly affect the outcome of his or her experiments. In this regard each of our individual lives is like our own personal experiment, so by shifting our perceptions, beliefs and objectives we may also profoundly change the outcome of our lives. This is something that Oracle of the Heart and every experience we offer will help you to do experientially.

As you begin working with My10minCoach's 'Tools of Engagement' we suggest that, for the best results, you simply intend to "See Yourself Loving". Having this simple intent will help you to open to a new reality wherein 'It's all the SAME". It is all Loving! It doesn't matter at all if you accept or understand what this means fully because the actual experiences that you will have will be more powerful and transformational than any understanding we could possibly give you.

In our living room at home there is a chair that supports my lower back really well, and as that's important to me, I sit there often. My wife Barbara sits facing me across the coffee table in a comfy chair. Because she is into comfy and I am into support we have these very different perceptions of our living room. What Barb sees and what I see are quite different, so if you were to ask either of us to describe our living room you would undoubtedly get two different descriptions because we are looking at it very differently. Have you ever noticed how when you drive or walk somewhere and return by the same route everything looks completely different? You are covering the same ground but looking in opposite directions so naturally you are seeing it differently.

Wherever you are right now look at what is in front of you. Now just turn your head and you will be seeing an entirely different picture. These are very simple examples of how our superficial sensory perceptions affect our experience. But the perceptions we are concerned with here are the deeper ones that define our habits, how we respond to life events, how we feel about ourselves and what we do with all these sensory experiences.

These habits cover a vast territory ranging from how we dress ourselves, bathe and brush our teeth to how we think, feel and relate to literally everything. This is essentially what our minds are designed to do; to establish habitual patterns of behavior to help our true selves, our spiritual selves to navigate and function in this material world. Problem is that we are generally unaware that we are in charge of our mind. Most of us don't have any idea at all that we may actually train our mind to create new and better habits. Few of us have any understanding of how to go about doing this and even fewer believe that we may actually change how we feel about ourselves and our lives. Most in fact seem to believe that these habits that our minds have created reflect our essential nature or "personality" and that simply is not true.

What we offer are simple and easy to use tools for changing those undesirable habits by cleansing the "doors of perception" from which they emanate. When these 128 doors of perception are cleansed then we may perceive ourselves and our world as they truly are. When these doors of perception are cleared of the old and obsolete thoughts, beliefs, feelings and fears that have programmed them in our past, then we may perceive and experience the sameness that inspires us to express and experience the truest and most universal dimensions of ourselves like love, compassion and unlimited creative freedom. This is Seeing Yourself anew.

This freedom is what we aspire to share with you. All that we have developed from our own spiritual quest, which led us to create Oracle of the Heart, is now offered to you via subscribing to My10minCoach.com.