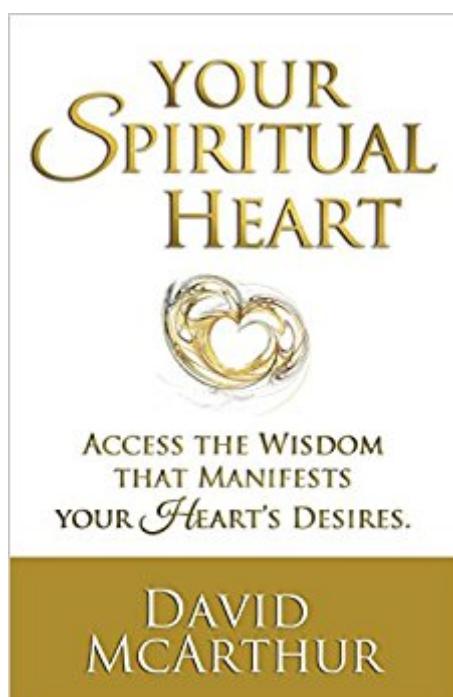


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# Your Spiritual Heart: Access The Wisdom That Manifests Your Heart's Desire The Right Job, Flow Of Wealth, Loving Relationships Even Enlightenment



## Synopsis

In your hands is the access code to the highest levels of wisdom within you. That wisdom is deeply practical and makes a difference in your life in minutes. Your Spiritual Heart contains a powerful technique to access that wisdom based on the world-renowned Institute of HeartMath's scientific breakthroughs. If you are frustrated because you can't get the right job, your career is stalled or you haven't broken out of financial struggle, your spiritual heart has the wisdom to help you find and fulfill those heart's desires. If the loving relationship your heart desires has not come into your life, the relationships you have are strained and becoming hurtful or unfulfilling, your spiritual heart's wisdom will guide you to the fulfillment of your heart's deepest desires. Your Spiritual Heart contains the stories, the science and the technique to access to the amazing wisdom of your spiritual self. Your spiritual heart has the power to end your stress in a moment plus the insights to meet and exceed any challenge before you. Spiritual understanding and enlightenment are gifts of your spiritual heart. This book is an invitation to live at a whole new level of resilience and fulfillment. You can experience what it is like to step into humankind's greatest potential heart-centered living.

## Book Information

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## Customer Reviews

"David McArthur's beautiful book shares his discovery of the spiritual heart and the heart's innate intelligence. From his own experiences, David shows you how to access your heart's wisdom, whatever your challenges may be." - Deborah Rozman, CEO

HeartMath Inc. In this book, the authenticity of McArthur's own wisdom of the heart is magnetic. He draws us into a new vision of living and then masterfully guides us down the path to realizing it. His expertise in plumbing the depths of heart intelligence is awe-inspiring. - Rita Marie Johnson, author of The Connection Practice, founder The Resau Foundation "Finding guidance to your Spiritual Heart's Wisdom is a means for your soul's evolution." David has written a handbook to simplify your spiritual journey. Through his insightful stories he shares different perceptions on the choices we can make by using our brain or activating the HeartMath process to reach and ignite your Spiritual Heart. The outcomes of these experiences validate the power of love through the wisdom of the heart. " - Alexandra De Avalon, author of Dreaming with God "This book has given me the tools to gain access to my Higher Self whenever I need guidance and wisdom. The author's insights and wisdom is a true gift to anyone who picks up this book." -- Linda J. Curry, best-selling author, *Pebbles of Gold* "Reverend David tells us about the importance of the spiritual heart and how activating it can serve us to induce insight, gain perspective, practice deep compassion and inspire us to act from our highest values. A must have companion for the awakening soul." -- Reverend Evelyn Foreman, M.Div., author of *The Power of Purpose* David McArthur has given me a practical way to access my own unique wisdom. Using the HeartMath Freeze Frame process, as refined by David, has allowed me to find answers to problems or questions that I would not have found any other way. Valuable. Practical. Elegant. -- Carl Janson "I cried and cried as I finished your book!! A great release from deep within my heart experiencing extreme gratitude. An affirmation that I am always cared for, safe and protected and that all I ever need or desire is provided. Thank you from the depths of my heart." -- Anastasia Jayet, author of *Shattered Into Being* "A truly inspirational, heartwarming, and beautifully written story. The author shares his tragedies and insights in a loving and personable way. It was like having a meaningful conversation with a dear friend. The spiritual heart exercises have become a valuable tool with my clients as well as in my personal life. Feed your soul and learn to listen to your spiritual heart." -- Yvonne Williams Casaus, Therapist and Author of #1 Best Seller *A Drop Of Water: A Spiritual Journey* "A profound longing to 'go home' descended upon me and grew in intensity each week. A cancer diagnosis followed and I began my inward journey 'home'. The peace, comfort and serenity that I longed for was to be found in my sacred heart. In reading, *The Spiritual Heart*, I came to understand that the wisdom of my spiritual heart has been guiding me step by step, to the complete fulfillment of all my heart's desires. David McArthur has given us the access code to that wisdom. The Heart

Wisdom Tool is simple, elegant and easy to use. With it, we are empowered to become conscious co creators in our own lives. "Follow your spiritual heart's wisdom, and you will end up with a life that is deeply fulfilling and a heart that is filled to overflowing." -- Carolyn Janson "For many years I have deeply appreciated and have profoundly benefited from Rev. David MacArthur's wisdom and compassionate manner of teaching and demonstrating the heart and life-enriching tools that he shares in this wonderful book.... In Your Spiritual Heart, Rev. David shares his personal, professional and spiritual application of these life-changing tools, as he illuminates the process of accessing heart's wisdom in ways that are vivid, vibrant, memorable and easy to apply on first reading. I highly recommend this treasure." -- Janet Carol Ryan, RScP, HeartMath Coach "David McArthur's beautiful book shares his discovery of the spiritual heart and the heart's innate intelligence. From his own experiences, David shows you how to access your heart's wisdom, whatever your challenges may be." - Deborah Rozman, CEO HeartMath Inc. In this book, the authenticity of McArthur's own wisdom of the heart is magnetic. He draws us into a new vision of living and then masterfully guides us down the path to realizing it. His expertise in plumbing the depths of heart intelligence is awe-inspiring. - Rita Marie Johnson, author of The Connection Practice, founder The ResaurFoundation "Finding guidance to your Spiritual Heart's Wisdom is a means for your soul's evolution. David has written a handbook to simplify your spiritual journey. Through his insightful stories he shares different perceptions on the choices we can make by using our brain or activating the HeartMath process to reach and ignite your Spiritual Heart. The outcomes of these experiences validate the power of love through the wisdom of the heart." - Alexandra De Avalon, author of Dreaming with God "This book has given me the tools to gain access to my Higher Self whenever I need guidance and wisdom. The author's insights and wisdom is a true gift to anyone who picks up this book." -- Linda J. Curry, best-selling author, Pebbles of Gold "Reverend David tells us about the importance of the spiritual heart and how activating it can serve us to induce insight, gain perspective, practice deep compassion and inspire us to act from our highest values. A must have companion for the awakening soul." -- Reverend Evelyn Foreman, M.Div., author of Power of Purpose "David McArthur has given me a practical way to access my own unique wisdom. Using the HeartMath Freeze Frame process, as refined by David, has allowed me to find answers to problems or questions that I would not have found any other way. Valuable. Practical. Elegant. -- Carl Janson "I cried and cried as I finished your book!! A great release from deep within my heart experiencing extreme gratitude. An affirmation that I am always cared for, safe and protected and that all I ever need or desire is provided. Thank you from the depths of my heart."

--Anastasia Jayet, author of "Shattered Into Being" "A truly inspirational, heartwarming, and beautifully written story. The author shares his tragedies and insights in a loving and personable way. It was like having a meaningful conversation with a dear friend. The spiritual heart exercises have become a valuable tool with my clients as well as in my personal life. Feed your soul and learn to listen to your spiritual heart." --Yvonne Williams Casaus, Therapist and Author of #1 Best Seller "A Drop Of Water: A Spiritual Journey" "A profound longing to 'go home' descended upon me and grew in intensity each week. A cancer diagnosis followed and I began my inward journey 'home'. The peace, comfort and serenity that I longed for was to be found in my sacred heart." In reading, "The Spiritual Heart," I came to understand that the wisdom of my spiritual heart has been guiding me step by step, to the complete fulfillment of all my heart's desires. David MacArthur has given us the access code to that wisdom. The Heart Wisdom Tool is simple, elegant and easy to use. With it, we are empowered to become conscious co creators in our own lives." 'Follow your spiritual heart's wisdom, and you will end up with a life that is deeply fulfilling and a heart that is filled to overflowing.'" --Carolyn Janson "For many years I have deeply appreciated and have profoundly benefited from Rev. David MacArthur's wisdom and compassionate manner" of teaching and demonstrating the heart and life-enriching tools that he shares in this wonderful book.... In Your Spiritual Heart, Rev. David shares his personal, professional and spiritual application of these life-changing tools, as he illuminates the process of accessing heart's wisdom in ways that are vivid, vibrant, memorable and easy to apply on first reading. I highly recommend this treasure." --Janet Carol Ryan, RScP, HeartMath Coach

David MacArthur's passion for understanding human transformation has taken him on this powerful path into the discovery of the spiritual heart. Experiences of tragic loss, healing, forgiveness and his service as an attorney led him to spiritual study and then to thirty-five years of ministry. He has led individuals and groups in the experience of personal transformation for more than forty years. Seeking the scientific principles of transformation drew him to seven years of service at the HeartMath® Institute. There he discovered that personal transformation is possible within a moment through the spiritual heart. Twenty years after he co-authored *The Intelligent Heart* with its revelation of heart intelligence, he shares with us the source of that wisdom. He has proven this source and its power in his own life and witnessed its transformation in the many thousands of people he has trained. From a lifetime of seeking comes a scientifically-tested, spiritually-powered guide to accessing your deepest wisdom and living a heart-centered life. More at [accessingwisdom.com](http://accessingwisdom.com).

If you don't like spoilers stop right now. Still reading? (Be careful.) In Chapter 12 of Your Spiritual Heart, David clarifies that, to him, the "SPIRITUAL" is outside otherwise empirical physical, emotional, cognitive. More specifically, David references experimental evidence which appears to potentially point outside TIME AND SPACE. A mystery revealed? David was the first of many father figures to enter my life back in my early twenties when I needed help filling many gaps I experienced growing up. From the balance of daily life to the mysteries of the cosmos, together we explored it all! As do musical instruments, our physical hearts emit vibrational waves. Vibrations encountering vibrations exhibit patterns of harmony/coherence, dissonance/incoherence. Our minds respond directly to pattern variances. To engage our 'spiritual heart' is to learn to perceive these patterns. When I touch my heart and breathe, remembering the communication which flowed so freely with my old friend and teacher, questions become answers. Attuning my perception to the confluence of vibrations allows information to flow. The greatest teaching David instilled in me long ago (and which I carry with me to this day) is the practice of listening to the listener. Only in centered awareness of my own heartbeat can I attune my thoughts to what I perceive as commingling vibrations of my environment. In David's reimagining of the core practice of The HeartMath Institute, so simplified is the gap between heart and mind, you feel it coming together. Through the simple practice of David's "Heart Wisdom Tool" we can sense that perhaps spirit and science have been integral from the start. Much recommended, my friend.

I very much enjoyed reading David McArthur's book, "Your Spiritual Heart", and learned a lot in the process. David takes a simple, logical, and direct approach, with his 3 step method, to helping us access our wisdom, and using it to answer the myriad of complex and frustrating issues we face in our daily lives. He lays out the process with clarity, emphasizing how and why the methodology works. This gives us peace and clarity in our own lives. Nice to know that this compelling book, written from David's spiritual heart, can teach us to eliminate the struggles of our lives, with heart rendering happy and good consequences. Thank you David! Elaine Kontominas Alquist, Author, "When You Lose Your Soulmate, Do You Lose Yourself?" Launch date on : August, 21, 2014

In "Your Spiritual Heart" David McArthur shares a simple and yet incredibly powerful and practical tool to help us access the wisdom of our heart and manifest the life

we desire. The stories McArthur shares from his own personal journey are deeply moving and bear testimony to the amazing transformations and insights one can experience using the *Heart Wisdom Tool*. This is a tool you will want to keep handy at all times!

Not only does David share his love and wisdom but also the wisdom of love...found in the coherent heart. David has condensed volumes of material, decades of research and both personal and professional experiences to a simple 3-Step process which can be performed anywhere by anyone with successful results. Kudos and deep appreciation from my heart to yours!

David McArthur has written a caring book to help strengthen your spiritual life. A great teacher with inspirational messages. The wisdom of your heart will grow as you read this book. I highly recommend it *Â*

Exceptional!! This concise book holds the golden key to living a life of joy and peace and fulfilling our heart's desires! What a comfort to discover how simple it is to access a heart-filled life...especially as we engage with uncertainty in today's world. Thank you for sharing this essential tool which opens the door to a life of ease, infinite wisdom and clarity!

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