

## Part Two: Empowering the Heart (2nd half)

Pages 60–84

### KEEPING IN TOUCH

- Are you enjoying this book?
- Has anyone had an inspiration or “aha” from the first half of Part 2?

### 1. Heart Power

How could the world be saved by one or two people? Do you think that's possible? (pp. 60–61)



- ◆ Power and humility
- ◆ Relationship between love and power

What are some ways that heart power can affect the workplace or business returns? (pp. 61–62)

- ◆ Measures of success
- ◆ Contagion!



When pure love brings more power, what are the tests that come up and how can they be dealt with? (pp. 62–64)

- ◆ Treatment of children or employees, spending money, using authority
- ◆ Sensitivity to life, understanding suffering

What will always happen when you find yourself out of balance? (pp. 64–65)

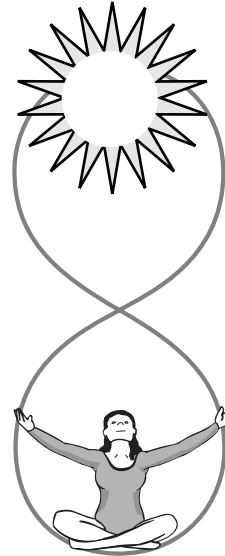
- ◆ A mirror
- ◆ Solomon's slipping crown
- ◆ The real test



## 2. Cultivate Gratitude

Why is gratitude strengthening and how does negativity cut that off?  
(pp. 66–67)

- ◆ Breathing on the mountain and the figure-eight flow
- ◆ The richness of life vs. seeing the one thing wrong
- ◆ Balance and peace



How does Andrea Bocelli’s life demonstrate the principle of gratitude? (pp. 67–70)

- ◆ Serenity or sight
- ◆ Can-do spirit
- ◆ Other observations?

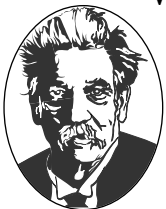
What happens when you find opportunities to appreciate others?  
(pp. 70–72)

- ◆ Shared blessings
- ◆ Enhanced immunity in the physical body
- ◆ What else?

How can gratitude raise up or bring down an entire civilization?  
How might this be affecting our world today? (pp. 72–73)

## 3. How Can I Love When . . .

Why is it important to love without expecting a return? (pp. 75–77)



Albert Schweitzer

- ◆ Schweitzer’s saying
- ◆ Self-interest vs. unlimited generosity of love
- ◆ Revealing the divine by touching someone’s life

How can you love without putting conditions on it?  
(pp. 77–79)

- ◆ When people need love the most
- ◆ The unrealized potential of others
- ◆ Love as God loves—alchemy of the heart
- ◆ Examples from your life?



How does the science of the immaculate concept work? (pp. 79–80)

- ◆ Thomas Merton: “If only they could see . . .”
- ◆ Like athletes’ science of visualization
- ◆ The “as if . . .” method
- ◆ The attribute of mercy



What if you really think there’s something wrong—how does this fit with the science of the immaculate concept? (pp. 80–81)

- ◆ Warnings of the heart and soul
- ◆ Truth as the highest love
- ◆ Championing the rights of all
- ◆ Any thoughts on this subject?

How does the Roseto Effect demonstrate the power of the heart? (pp. 81–83)

#### 4. Making It a Reality

### ***Gratitude right now!***

Think of something that happened during this meeting that you’re grateful for—something you learned, something someone said, something from the book or even something that spontaneously came to you. You can share these with each other.

## ***Gratitude Ritual***

*Pages 73–74*

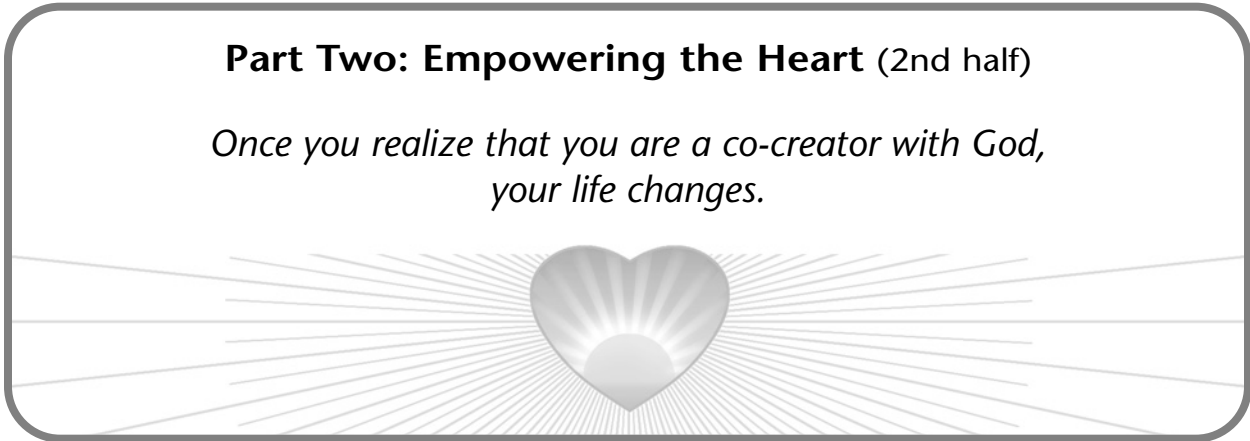


- ♥ Center in your heart.
- ♥ Think of a blessing you have received.
- ♥ Visualize a figure-eight flow between your heart and God’s heart.
- ♥ Send your love and gratitude to God over the figure eight.
- ♥ Feel the return current from God’s heart.
- ♥ If you want to, you can repeat this process for different blessings or make it part of your daily routine.
- ♥ As an optional closing, you can give an affirmation aloud such as “I am grateful!”

# HEART PERSPECTIVES WORKSHEET

## Part Two: Empowering the Heart (2nd half)

*Once you realize that you are a co-creator with God,  
your life changes.*



### Self-Reflection and Discussion

Use these exercises and practical techniques to increase your capacity to give and receive love. Create your own alchemy of the heart!

#### HEART POWER (pp. 60–65)

##### Learn from the tests of love.

*Think of an example in your life when you were given an increment of power (as a parent, supervisor, project leader, etc.)*

1. What was the corresponding test of love?
2. What did you learn from that experience?




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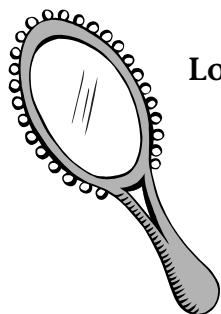
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##### Look for the mirror.

1. Is there something or someone in your life who is a mirror, trying to show you where your use of power is out of balance with your loving compassion?

2. How can you come back to center?

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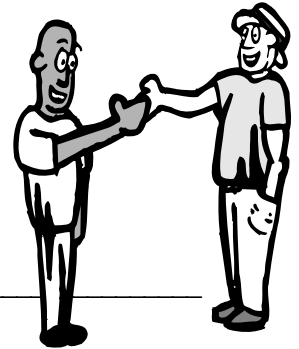
**CULTIVATE GRATITUDE** (pp. 66–73)

**Look for opportunities...**

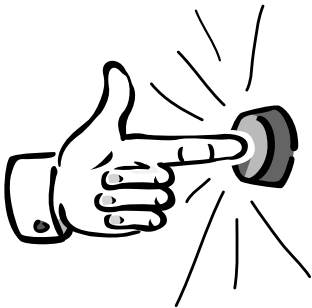
Who can you appreciate today and how can you do that?

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**Recognize the gifts and good qualities you have.**



1. Did someone thank you for something special you did recently?
2. Did you avoid reacting when someone “pushed your buttons”?
3. Have you expressed some portion of your Higher Self?

You can keep a journal to record spiritual successes like these. Then, if you’re feeling depressed or down on yourself, read these with gratitude for the gifts you were able to pass on to others. You can start by writing one of your successes right now:

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**HOW CAN I LOVE WHEN...** (pp. 75–83)

**Hold the “immaculate concept” for yourself and others.**

1. Do you feel that you put unrealistic conditions on love in any of your relationships?

2. Is there someone in your life you find difficult to give your full support and love to, maybe even yourself?

Try these steps to hold the immaculate concept for that person:

- ◆ Remind yourself how patient God has been with you and how much he loves the soul of the one who is troubling you.
- ◆ Try to look beyond the outer personality to the soul's true identity and potential.
- ◆ Fix your vision on that highest image and let your love flow.

**Assess your support network.**



1. Have there been times in your life when a lack of close ties with others has affected your well-being—body, mind or soul?
2. Do you have one or more people with whom you share a close bond of mutual trust?
3. If not, where might you find an activity with others who share your goals and values, such as a group that meets to discuss books, that mentors children or that works to change conditions in your neighborhood?

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