

Opening the Gateway to the Sacred Space of the Heart

© 2012 Dr Neil Blacklock D.Ac, DNM, M.Sc., B.Sc. RAc

Thank you for taking the time to experience the *'Opening the Heart' CD I.*

CD I Contents

'Opening the Heart' Meditation 30 minutes
'Opening the Heart' Meditation 60 minutes (available 2012)
Support Information document.

Instructions for Use

- Please set aside 30 minutes a day for 17 consecutive days to gain maximum benefit from the CD
- Listen in a darkened room –the darker the better, with eyes closed.
- Adjust the volume to a comfortable level.
- Switch all phones off and ensure you won't be disturbed.
- The CD can be used prior to drifting off to sleep.
- Sitting or lying down are OK. Some consider sitting with a straight back can be more helpful.
- You may find you drift in and out while listening to the CD, this is OK and is actually a good sign (but not necessary).
- After use, spend a little time on your own 'coming back' before leaving your meditation space.
- You can convert the CD to an .mp3 file and copy it to a device if you don't have a CD player.

It is recommended to keep a journal and make an entry, however short, after each meditation. Before you begin 'rate' how open you think your heart is on a scale of 0-10 (10=max) on the questionnaire that accompanies the CD and then rate yourself again after 17 days.

WARNING

IMPORTANT: NEVER to listen to binaural beats while you need to remain awake. Never drive or operate machinery while listening.

HEADPHONES: You MUST use headphones when listening to ANY of the binaural beat recordings.

CAUTION: Those who are epileptic should not use brainwave entrainment technology without the approval of an appropriate medical physician. However rare, there is a risk of seizure associated with individuals who are predisposed to epileptic fits. Consult your doctor directly if you have any questions or concerns regarding audio brainwave entrainment technology's effect on epilepsy.

CAUTION CONTINUED: Other individuals, such as those using a pacemaker, suffering a serious mental condition, or pregnant, are not recommended to use brainwave entrainment.

This CD is not for commercial use.

Please note this CD (CD I) was prepared free of charge for the person named on the CD label.
The affirmations encoded onto the CD have been chosen specifically for this individual.
If you would like a CD with your own affirmations selected by you or chosen for you
or if you have any questions
please contact Neil on 403 609 3367

Potential benefits of using the Gateway to Opening the Heart CD's

<p>Reduced</p> <ul style="list-style-type: none"> • fatigue • anxiety • depression • stress • blood pressure • negative emotions and thoughts 	<p>More positive emotions</p> <ul style="list-style-type: none"> • calmness • peacefulness • connectedness • happiness • joy • physical wellness • emotional resilience 	<p>Improved</p> <ul style="list-style-type: none"> • sleep • relationships • feelings of appreciation • meditation practice • outlook on life
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INTRODUCTION

There's a extraordinary space in the heart where we are all pure, with no pain, memories or programs –a point of perfect balance, and perfect peace. This is the Sacred Space of the Heart.

The *'Opening the Heart'* CD is designed to gently bring you to that space and lightly hold you there in blissful resonance with your Higher Self.

The CD uses a number of well researched and scientifically proven methods to quickly and easily bring about a state of deep relaxation. And when the mind chatter stops the path to the Heartⁱ is opened. *'Opening the Heart'* has been designed specifically to effortlessly free the user from the myth of *separation* and strengthen the process of reconnecting with the Spiritual Self.

'Opening the Heart' focuses on bringing about change effortlessly at the unconscious level of the mind –all you need to do is to lie back and listen. The CD uses powerful consciousness technology to help remove blocks which inhibit an authentic and clear connection to the 'Sacred Space of the Heart'ⁱⁱⁱ.

The process of opening the Heart can be speeded up if used in conjunction with a very simple breathing method devised by the Heartmath Institute in California. For further

information please see the articleⁱⁱⁱ cited at the end.

The CD uses sound because of its primal, universal attraction. The fundamental state of all matter is vibration and sound communicates the beauty and intelligence of Source directly to the cellular level of consciousness. Sound is the Universal Language.

'OPENING THE HEART' LOGO

The logo on the opening page describes the process of returning to Source through the use of the three tools of Meditation, Clearing and Resonance. The component parts depict a flow from the Source (centre circle) outwardly manifesting in sacred geometry as the Flower of Life, from there creating the five elements from which human beings are comprised (in Traditional Chinese Medicine is represented by 5 pointed star). Through the use of the three tools (meditation, clearing and resonance), the person is enabled to 'return' to the Source (outer circle).

WHAT DOES THE CD DO?

The CD focuses on three main areas:

- **Meditation**
- **Clearing**
- **Resonance**

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The contents of the CD have been carefully composed in a way that firstly, and most importantly, stills the restless mind. When in this tranquil state we have direct access to the subconscious mind. Subliminal messages and the 'Miracle frequency' are then delivered to this deep, inner level of mind (which is now in a receptive state) so as to help clear any blocks or programs which may be standing in the way of successfully and easily moving through the Gateway to the Heart. Once cleared of impediments we are now free to softly enter the Sacred Space of the Heart. Once in this special space tones and frequencies are delivered so as to gently 'hold' you there. It is at this point that your Heart is now in tune and 'resonates' with your Higher Self.

It is important that you don't *try* to do anything throughout the meditation. The process is gentle but very effective on its own. You are transported to a point of resonance and gently held for as long as you need or choose.

MEDITATION

The CD employs brain wave entrainment to take you gently down to the Theta level at which deep meditation and relaxation occur. Once there a guided spoken mediation devised and narrated by Drunvalo Melchizedek gently guides you into the Sacred Space of the Heart.

Access to the sacred space in the heart requires you to meditate, not obsessively, but the requirement here is that you do so for 17 days consecutively. You can do it in the morning or night or even twice a day but it must still be done for 17 days to maximize the benefits. No special meditation techniques should be applied such as timed breathing or focusing on particular areas. Just follow the instruction in the spoken guided meditation *iv* (about 9 minutes into the session) to guide you pleasantly and effortlessly down.

CLEARING

The CD employs two powerful techniques, the Miracle frequency (528 Hz) ^v and subliminal messaging to help clear memories and old programs buried deep in the unconscious mind. Old programs, memories (and new abilities) are stored at the DNA level. By 'restructuring' the DNA these memories and programs are cleared freeing us to experience directly the joy of connection to our Divine self. The brainwave entrainment gently leads you into a meditative state at the Theta level using brain wave entrainment and 'held' there for 15 minutes on the 30 minute session and around 40 minutes (CDI) on the 60 minute session (available in 2012). With the path clear the subliminal messages selected specifically for you are gently but firmly locked in your unconscious mind so it now believes without a shadow of doubt the content of those messages. And what our mind holds true ultimately finds expression in our physical world.

RESONANCE

Special frequencies are encoded onto the CD to bring you into alignment (resonance) with your Higher Spiritual Self. These include the Sacred Solfeggio frequencies ^{vi},

SUMMARY

Changes at the unconscious level are effectively brought about by the 'Opening the Heart' CD through the use of:

- *brainwave entrainment down to the Theta (deep meditation) level,*
- *guided spoken meditation into the Gateway of the Heart,*
- *subliminally delivered affirmations (messages which are introduced and deeply absorbed into your unconscious mind) specifically relating to your needs. The inclusion of individualized subliminal messages is why you are asked not to loan out your copy of the CD.*
- *the Miracle frequency of 528Hz, known for its effect on reprogramming your DNA,*
- *Solfeggio frequencies (see below)*

ADDITIONAL INFORMATION

BENEFITS

Some of the many *additional* benefits of Opening the Heart include enhancing your capacity to learn, be creative, memorize, be in charge of our moods, lower stress, resolve unwanted behaviour patterns and many other advantages such including the release of

beneficial hormones (including anti aging hormones into the body and brain.

The heart is intuitive, holistic, contextual and rational. It doesn't have a win/lose orientation. It taps into the cosmic computer – the Source, the field of pure potentiality, pure knowledge and infinite organizing power. Here we find the opportunity for perfect balance and freedom from pain, stress and suffering. The Heart 'knows' all the answers, we just have to learn how to let ourselves in.

To help with this process the CD uses the power of number, fractal formations and sacred geometrical representations all of which encoded into harmonic resonant frequencies. Through regular exposure, your subconscious mind naturally and effortlessly absorbs the intent and the power behind these tonal 'energy' structures.

WHY 'CLEAR'?

As Jung would say -the outer world that you see is the shadow side of your own life, what we see in the world is a mirror image of everything that is within us. Everything we

experience as coming *from* our world actually arises from *within* us.

In the centre of our being resides the Heart and found in the Heart is a special place, a sacred space. In this Sacred Space we enjoy a direct connection to the Divine. This is the place of pure balance or point of pure potentiality, a place with no limits –the 'zero point'. As we live our lives we develop behavior patterns and collect memories good and bad, we store judgments and opinions and so on.

Dr. Ihaleakala Hew Len, who has adapted the Hawaiian healing method

A person who is open to the sound of their Soul lives in harmony with themselves and their world and is irresistibly drawn to that quiet place of love and peace to which we all aspire sometime in our lives.

Ho'oponopono, equates this to catching a cold. We aren't *bad* when we catch a cold and it's the same with programs, when we see programs in others that resonate with something is us we simply 'catch'

them. Our programs and memories serve only to separate us from that inner place of infinite potential and creation. And we clear or 'fix' those programs and memories by connecting to the Divine through the Sacred Space of the Heart.

SEPARATION

Connectedness is vital to survival. A fundamental task of the practice of acupuncture, is to open the energy body to allow a full and unhindered connection with the 'Source' –also known as the Quantum Field, Unified Field, Zero Point Energy Field, God, Grace etc.. Traditional Chinese Medicine

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believes the universe as we know it came into being through a process of separation (inception of Yin and Yang). All life, all matter resulted (and still does) from this separation. Life is a 'product' of the energies of Heaven (Source) merging with those of Earth and all dis-ease is due to increasing *separation* from the Source which results in blocks or imbalances in the flow of these energies.

Dis-ease is created by separation and separation is simply movement away from wholeness. Mutually shared information binds communities together. Whether these 'communities' are made up from people or cells, the unhindered transmission of information is the key to growth and survival. The information that binds all things together is stored at the level of the quantum field (or Qi). At a cellular level every cell in our body 'knows' it is part of a community and maintains its 'membership' through a continuously functioning informational feedback loop. Separation (loss of communication) at this level results in cellular death or cancer. Similarly at a more macrocosmic level, sociological and psychological studies show people live longer in mutually supportive communities. Harmonious cooperation between the parts produces a balanced communal functioning.

Dis-ease begins (and ends) at the level of the energy body. Consequently, a negative belief, if held long enough, will manifest as a physical imbalance and ultimately some form of dis-ease. Reconnecting with our 'original' point of balance (the Source) serves to unravel and mend those distorted and malfunctioning threads of twisted or lost communication lines of information.

SIDE EFFECTS

An important subject and something you should be aware of but not overly concerned about. All healing journeys can evoke unusual and even old and forgotten

symptoms. If the *'Opening the Heart' CD* is to work then old patterns and programs must dissolve. In this process of letting go, however, you may experience good days and bad days, times of increased irritability and sensitivity, being easily upset, tearfulness, headaches, skin rashes, changes in bowel habits, tiredness and so on. Any (or *all*) of these reactions is perfectly normal and is actually a positive sign you are progressing. It's just the mind and the body's way of adjusting to the new resonances.

Allow this process to continue uninterrupted. It is only temporary and should last no more than a few days. However, it is essential to allow things to happen as they want and you should aim to offer as little resistance as possible, simply *experience* the changes, acknowledge them as you would any visitor but always letting them go, this time with no interaction. Old memories and resentments can be the hardest to let go of but like clouds in the sky let them come into your awareness, simply notice them then let them continue on their way out of your awareness. Do not reconnect and get drawn into old dramas; just notice, love and let them go.

Don't try to remedy them and definitely do not judge or resent any feeling, impression or symptom that may arise. Drink more water until the headache goes away, go for a walk until the irritability subsides or sleep periodically until the changes pass.

It is temporary and a necessary investment in your long-term health and happiness. The *'Opening the Heart' CD* will always work in your highest good, helping you release blockages in the perfect order at the perfect time. Healing reactions are only necessary when there are particularly difficult issues to resolve and resistance. Remember, feel love and gratitude for everything that happens and let it go.

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QUANTUM SCIENCE

The emerging fields of quantum science and neuroscience are now rediscovering ancient knowledge. You can skip this section if terms like resonance, quantum entanglement, frequency and entrainment fail to light your fire!

The process of brain entrainment moves the mind to a place of tranquility, stilling the mind is a prerequisite of returning to the Heart.

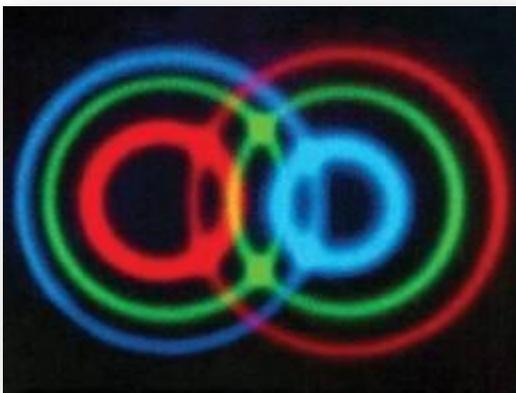


FIGURE 1 QUANTUM ENTANGLEMENT

If an external stimulus is applied to the brain, it becomes possible to entrain the brain frequency from one phase to another. For example, if a person is in beta stage (highly alert) and a stimulus of 10Hz is applied to his/her brain for some time, the brain frequency is likely to change towards the applied stimulus. The effect will be relaxing to the person. This phenomenon is also called 'frequency following response'.

The most effective way of applying stimulus to the brain is via ears. However, humans cannot hear sounds low enough to be useful for brain stimulation, so special techniques must be used.

One such technique is the use of binaural beats. For example, if the left ear is presented with a steady tone of 500Hz and the right ear a steady tone of 510Hz, these two tones combine in the brain. The difference, 10Hz, is perceived by the brain and is a very effective stimulus for brainwave entrainment. This 10Hz is formed entirely by the brain. When using stereo headphones, the left and right sounds do not mix together until in your brain. The frequency difference, when perceived by brain this way, is called a binaural beat.

Meditation is essentially about being able to alter one's brain frequency to a desired state. While meditators have traditionally taken several years to learn the techniques of meditation, you can now attain the same effect by using the *'Opening the Heart' CD*. No special training or great discipline is required other than *to use it*. Good meditation frequencies are in the alpha range, from 8Hz to 13Hz however deep meditation occurs in the Theta range (4-8Hz), this is the range the listener is entrained to when using the *'Opening the Heart' CD*. Experts claim that this is the portal to our subconscious.

CLEARING

Clearing simply means removing any blocks and hindrances to our spiritual, physical and emotional wellbeing. The process of clearing is dramatically enhanced through use of isochronic beats.

SOLFEGGIO FREQUENCIES

These ancient sound frequencies, also known as 'the perfect circle of sound' were used in ancient Gregorian Chants, such as the great hymn to St. John the Baptist. Apparently, the combination of these sacred tones and the Latin intonation had the power to penetrate deep into the recesses of the subconscious

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mind and promote great healing and transformation and impart tremendous spiritual blessings when sung in harmony during Masses.

The Six include:

1. UT - **396 Hz** - Liberating Guilt and Fear
2. RE - **417 Hz**- Undoing Situations and Facilitating Change
3. MI - 528 Hz - Transformation and Miracles (DNA Repair)
4. FA - 639 Hz - Connecting/Relationships
5. SOL - 741 Hz - Awakening Intuition
6. LA - 852 Hz- Returning to Spiritual Order

This frequency are reputed to have many psycho-spiritual and physical healing benefits- the third note, frequency 528, relates to the note MI on the Western musical scale, and derives from the phrase "MI-ra gestorum", which in Latin means "miracle." Amazingly, this is the exact frequency used by genetic biochemists to repair broken DNA the genetic blueprint upon which life is based.

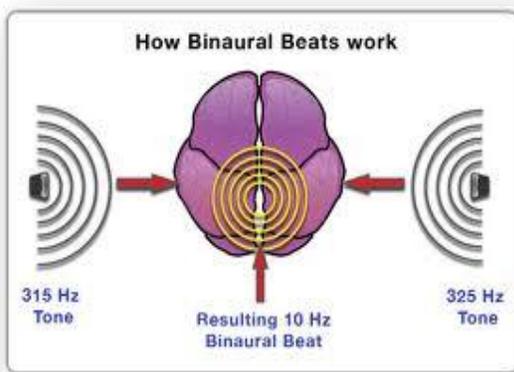


FIGURE 2 BINAURAL BEATS

RESONANCE

Resonance results from coherence. The two terms are often confused. Here we mean a condition whereby the brain and the heart are in a state of coherence which results in positive emotions such as increased intuition, joy,

elation, bliss, peace and so on. The heart is the gateway into the communication network that connects body, mind, emotions and spirit.

The process of opening the heart enhances this coherence thereby enabling you to resonate more easily with your spiritual self. Frequencies taken from the Solfeggio range and others encoded onto the *'Opening the Heart'* CD helps make this process so much easier and faster. "When you enter into the unified field of the Heart, even for a split second, you can be made whole."¹

New developments in quantum science and sound healing have clearly demonstrated that all matter is made up from energy encoded as holograms. DNA acts as a holographic projector, translating energy patterns into matter and acoustic waves translate the information stored in our DNA to produce form. Most of our DNA is known as 'junk DNA' according to mainstream science. However the work of Bruce Lipton², Leonard Horowitz³ and many more have now shown that this so far 'undiscovered' DNA is far from 'junk' and, in fact, holds the codes for advanced human capabilities such as hyperperception, telekinesis, spiritual advancement and so on.

All we need to do is turn it on using the *'Opening the Heart'* CD.

It has been shown that our conscious mind directly influences the functioning of DNA which forms the basis of our health. Malfunctioning DNA results in ill health. It now appears that our DNA responds to our thoughts through a process of resonance and produces matter according to the instructions from our prevailing thought processes

¹ Bartlett, *The Physics of Miracles*.

² Lipton, *Biology of Belief*.

³ Horowitz and Barber, *Healing Codes for the Biological Apocalypse*.

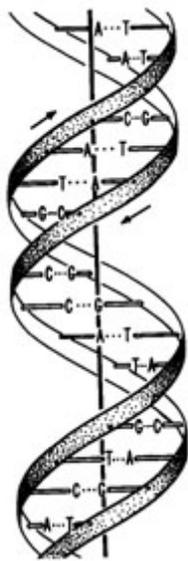
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Energy is encoded as holograms in matter and DNA functions as a holographic projector translating energy patterns into forms. Since these forms behave as acoustic waves, sound becomes a means by which we can rewrite and decoding genetic information. The power of healing sound can be seen in recent theories of quantum bioholography and the rediscovery of the ancient Solfeggio Frequencies

SOUND ACTIVATED COHERENCE

Dis-ease, which, from the point of view if light is an 'incoherent' state, can be rebalanced via our DNA through sound.

The research of Russian molecular biologist Pjotr Garjajev⁴ has shown that our DNA is a data storage and communication device and can be changed by positive intent using sound ("acoustic frequency").



The researchers were even able to restructure the DNA strands and correct genetic malfunctions by using suitably modulated lasers that could transmit a signal directly into the DNA. This supports the key assertion that our health depends on our thoughts, words and beliefs. Therefore, simply by finding the appropriate resonance frequency and transmitting it directly into the DNA it can actually be repaired.

In fact, they have shown that DNA in living tissue responds to "language-modulated laser beams and radio waves." They also tested devices that could affect cellular metabolism through "modulated radio and light

⁴ Gariaev et al., "DNA as Basis for Quantum Biocomputer."

frequencies." Sound activated coherence has been demonstrated in the physical world. Success in these experiments has led to new treatment modalities that can actually *sonically* repair X-ray damaged chromosomes.

The '*Opening the Heart*' CD delivers intention in the form of affirmations and new encoded frequencies so as to break up our old unwanted programs using targeted resonance at the subconscious and DNA levels.

These new instructions continue to influence our mind, body and life continually as our DNA replicates over time. The subconscious mind never forgets, so once 'planted', the seeds of intention must flower and flower continuously until new programs are installed.

As we know how DNA replicates, we can reprogram it to remove any inherent diseases, programs and malfunctions.

THE SPIRITUALITY OF THE COHERENT STATE

Resonance with the Heart is accessed through a variety of practices that return the body to its coherent state. These practices may take the form of deliberate stillness, such as meditation, prayer, dreamwork, yoga, methodical development of psychic power and psychic energy and various modalities of healing using sound and therapeutic touch. It can also take the active form of physical exercises like running which, with its rhythmic breathing and pace, often synchronizes the body's biofield with resonant frequencies. So can creative endeavors that are absorbing enough to become self-transcending.

The spirituality of the coherent state arises from being alive and attuned to the healing and resonant power of one's DNA. Now, more than ever, man can attest to the divinity within him. The spirituality of modern man resides in his ability to control the profile of his DNA

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through practices that can restore him to the coherent state of Divine Resonance.

BRAIN AND HEART COHERENCE

When it comes to the heart, resonance is king. We know the heart has an energy field; it is measured every day in hospitals as an EKG wave. Research has found that the field of the heart continually responds to events both inside and outside the body. Where things get fascinating however is this field seems also to be able to predict the future.

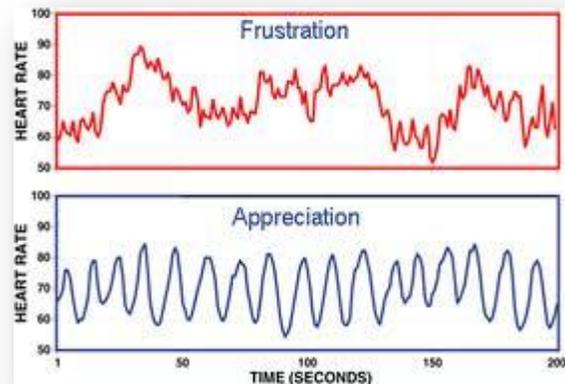
When we meditate or simply relax the bioelectric fields of the brain and the heart enter a state known as 'coherence' where both organs appear to be 'aware' of each other's functioning and responses. In short the brain and heart effectively go into sync. This switches off the sympathetic nervous system's the 'fight or flight' response leading to the coherence where the parasympathetic system now dominates.

Thoughts and emotions produce immediate and direct effects on the functioning of the heart. This can be measured using Heart Rate Variability (HRV).

Using the '*Opening the Heart*' CD can bring your HRV score right into a positive and healthy zone after only 5 minutes of listening.

The Heartmath Institute indicates that resonance is a means by which we reestablish the quality of our connection with Innate Intelligence through a reorganization of the frequencies of the brain. The goal the CD is to take an incoherent and out-of-tune brain, "tune it" to coherence and allow resonance to ensue.

Ultimately we are receivers and as we attune the frequencies of the brain, we create resonance with the Cosmos. This is our natural state and the state from which all true success becomes available.



BELIEF

You don't need to *believe* for this technology to work but but it can help enhance the experience if you follow up on resulting messages and subtle prompts which often increase in frequency with this sort of practice.

And it doesn't necessarily need to take a long time. Healing, like miracles, can happen instantaneously. Time does not exist at the level of consciousness and anything has the potential to happen in an instant. The longer it takes to manifest a desire is directly proportional to our belief in the existence of time.

Remember, the less you do the more you have and the more understanding and knowing you have access to. So lie back and let the freeing waves of relaxation wash over your mind, body and spirit. Clear your mind, just let it all go and allow all thoughts to drift on by like passing clouds. Don't get attached to them, don't get involved. When you notice yourself 'thinking', gently bring yourself back to the beauty and bliss of that Sacred Space of the Heart.

The CD when used as a tool for emotional self-management inevitably leads to an opening of the heart and allowing greater access to spirit and love.

ADDITIONAL CD

Additional CDs are planned with the intention of helping to further deepen your own personal experience to your Spiritual Self through resonance with the Heart .

Additional using encoded 'frequency constructions' onto the CD will include three unique methods devised to reconnect you to your point of origin at birth.

The purpose of the first will be to 'reset' you back as close to your 'original energetic structure' as possible, your point of zero balance ('zero point'). The aim of these codes is to retune your energy structure back to a time *before* you built up your foundational belief patterns and programs. While these patterns are the result of our beliefs and perceived threats in this world, these survival defenses, shields and behavioral habit patterns are merely artificial constructions created by our mind to help us cope and survive. They fundamentally cloud and distort our perception of this world and our ability to be truly open and connect to Spirit.

The second fractal encoded 'frequency construction' will align you to your original relationship with the place of your birth. Studies have shown this 're-alignment' can alleviate many symptoms and chronic conditions.

Thirdly your personal 'astrological keynote' is woven gently into the encoding.

These 'frequency constructions' effectively remove fundamental blocks and patterns of frequency distortion held a deep levels of the subconscious mind and body.

Re-tuning to, and resonating with the point of balance that existed before our unconscious behaviors were laid down prior to our birth serves to clear the path back to that field of infinite potentiality and into a truly open and connected Heart.

What about 'all that stuff' we were born with? The actual sound of the heartbeat of Archangel Michael...should deal with that, and more ... on the next CD *'Opening the Gateway to the Sacred Space of the Heart II'*.

If you would like to know more please contact Neil at nblack333@gmail.com.

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NOTES

i The word heart is capitalized to indicate a special place, above and beyond the actual physical heart and, while found in the physical heart, nevertheless, it is infinite in its nature and presence.

ii For more details please read "Living in the Heart" by Dranvalo Melchizedek

iii "No More Stress using heart breathing" located at

<http://www.canmorewellnesscentre.com/Articles.html>

iv The voice in the meditation is of Drunvelo Malchizadeck (from the above book' CD).

v See the above work of Dr Leonard Horowitz for more details.

vi These specific sounds are part of the Solfeggio Scale – a six tone scale sequence of electromagnetic frequencies. See "The Healing Codes of Biological Apocalypse" by Dr. Leonard Horowitz.